

A RIGHT-SIZED REFERRAL — CLEARLY OUTSIDE THE CLINICAL LANE

For the families in your inbox who *don't need what you do*.

You know the inquiry: a parent worried about a teenager who is not presenting clinically — just unstructured, unmotivated, short on confidence and short on role models. Therapy isn't the fit, but "no" leaves the family with nothing. Mentora is the referral for that gap: structured weekly mentorship from rigorously vetted college-age mentors, with clear boundaries around what mentors do — and firm ones around what they never do.

AGES 12-14

High School Ready

A 12-month program for ages 12-14 built around the high-school transition: routines, handling setbacks, self-knowledge, composure under pressure, and confidence with peers and adults.

AGES 15-18

College Ready

For older teens: independence, follow-through, and self-advocacy through the pre-college years — a consistent, positive older presence with structure behind it.

WHY CLINICIANS REFER TO MENTORA

01

Bright lines, in writing

Mentors mentor — they never assess, counsel, or treat, and they're trained on exactly where that line is. Anything beyond it escalates immediately, including back to professionals like you.

02

A real answer for subclinical inquiries

Instead of a decline or a waitlist, you can point families to something structured, supervised, and appropriate to what their teenager actually needs.

03

Referrals route back to you

When a mentor or our safeguarding lead sees signs a family needs professional support, clinical partners are where we send them. The pathway runs both directions.

HOW THE PARTNERSHIP WORKS

STEP 1 · 20 MINUTES

Intro call. We walk you through the program, mentor training, escalation protocol, and the boundaries of the mentor role — ask us anything.

STEP 2 · SIMPLE REFERRAL

You suggest, families enroll. A name given to a parent is enough. We onboard the family directly and match a vetted mentor within one week.

STEP 3 · ESCALATION PATHWAY

The door back to you stays open. Our safeguarding lead routes families toward professional support when signals warrant it — with your practice on that list if you wish.

Built with safeguarding at the center. Every mentor is identity-verified and vetted, every session is logged, and escalation is trained and audited — not assumed. Mentora is a development program, not a clinical service, and we hold that boundary as firmly as you would.

Founded by a former professional academy footballer (*Aston Villa, MK Dons*) turned D1 athlete and platform builder — mentorship designed by someone who lived both sides of the transition.