

# The Fertility Nest: Mentor Onboarding Guide



Welcome to the Fertility Friend Program!

First — thank you. By signing up to mentor someone going through infertility, you're offering more than just support... you're giving hope. We're honored to have you in this community.

## What's This Program About?

The Fertility Friend program connects someone just starting their fertility journey (your "Nest Mate") with a mentor who's been through similar challenges — someone like you.

You're not a therapist. You're not expected to have all the answers. You're simply a kind, understanding voice who gets it.

## Your Role as a Mentor

- Offer empathy, not advice (unless asked!)
- Be a calm and encouraging presence
- Share your personal story if you feel comfortable
- Respect boundaries and timing — not everyone will want to chat every day (and that's okay!)
- Point your Nest Mate to helpful resources if needed (we can help with this, email us at [thefertilitynestmailbox@gmail.com](mailto:thefertilitynestmailbox@gmail.com) with your request and what's needed)
- Know when to refer to a professional — you're here to support, not solve.

## **First Message Ideas**

Sometimes getting started is the hardest part. Try something simple like:

“Hi! I’m so happy to be matched with you. I’ve been through [IVF/PCOS/etc.], and I’m here to support you however I can — even if it’s just listening.”

Or:

“You’re not alone. I’ve been in your shoes, and I know how heavy this can feel. How are you doing today?”

You can connect by email, text, or social media messenger — whichever you both agree on.

## **Emotional Boundaries**

You are not responsible for solving someone’s journey. This is a peer-based connection — not therapy.

Please don’t:

- Give medical advice
- Make promises or predictions
- Push your own outcomes (ex: “Don’t worry, it will happen!”)

Do:

- Validate feelings
- Share what helped you personally
- Respect silence or slow replies

## **Crisis Resources (If Needed)**

If your match ever expresses serious distress (panic, depression, hopelessness), refer them to professional support:

- RESOLVE Support Line: 866.NOT.ALONE
- Postpartum Support International: <https://www.postpartum.net/>
- 988 Suicide & Crisis Lifeline: Just dial 988

If something feels urgent or inappropriate, you can also email us directly at: [thefertilitynestmailbox@gmail.com](mailto:thefertilitynestmailbox@gmail.com).

### **Most of All: Just Be You**

You don't need to say the "right" thing — there's no script. The most powerful support you can offer is simply showing up.

We're so grateful you're here.

– Peyton & The Fertility Nest Team

[www.thefertilitynest.com](http://www.thefertilitynest.com) | [@thefertilitynestofficial](https://www.instagram.com/thefertilitynestofficial)