**Subject line:**

Change a life. Mentor a young person.

Dear XXX,

**You could make a difference to a young person’s life**

We have a rewarding and purposeful opportunity we’d like to share with you – Youth Mentoring with our partner Raise. This volunteer role enables you to give back, learn new skills, meet new people and create real change in your local community.

**Young people in our community need you more than ever**

Sadly, suicide remains one of the leading causes of death among young people. Imagine just how life-changing it can be for young people to have a trusted, independent adult to talk to – someone who shows up each week, just for them. Raise provide young people with a caring adult mentor in schools across Australia and online through their youth mentoring platform.

**A mentor can change the course of a young person’s life**

Research shows young people who are mentored have lower levels of depression, higher sense of wellbeing and they know where to go for support.

**The difference an hour makes**

Showing up each week and spending an hour with your mentee makes a lifetime of difference to the young person you work with. You’ll support them to develop tools they can use throughout their lifetime. The program has a strong focus on help-seeking, which means you’ll be setting them up with the skills they need to cope, when no one else is around.

Our partners at Raise are looking for volunteer mentors from our staff to be trained to support young people in local high schools. A caring adult mentor during teenage years can change the course of a young person’s life, giving them hope for the future and building the resilience needed to better cope with life’s challenges.

**No experience required**

Raise will provide you with free mentor training to help you support teen aged 13-16. Volunteer mentors show up for their mentee every week for 10, 17 or 20 weeks in school or online during school term time, at the same day and time each week. The training covers wellbeing, building resilience, good decision making, leadership, relationship building and communication skills – all skills that benefit us in other parts of our lives too.

Raise will fully support you throughout so that you can help your mentee learn new skills and grow in confidence and resilience so they can cope better with life’s challenges – today and into the future.

**It changes two lives**

Theirs and yours. Past and current mentors consistently tell Raise they learn new skills that benefit their own personal and professional lives as well as feeling a huge sense of purpose from giving back to young people and the wider community.

Benefits include:

* Improved listening skills
* Connection to the community
* Understanding young people
* Network opportunity
* Improved leadership skills
* Improved mental health literacy
* Sense of purpose and give back
* Build on parenting skills

**Find out more**

The Raise website [raise.org.au](http://raise.org.au) has everything you need to know about how you could be support a young person in need.