

Is your teen struggling? Give them the support they need – anytime, anywhere



Raise Digital Mentoring offers **free** flexible, online mentoring to help teens aged 13–16 navigate the pressures of modern life, including stress, school refusal, bullying, and social media challenges.

Why choose Raise Digital?

- **Flexible:** One-on-one sessions online, at times that suit your teen
- **Safe and trusted:** Supervised by a qualified counsellor, with mentors screened and cleared
- **Effective:** Builds confidence, resilience, and hope through real connections.

Real connection, real support, online, **free**

- The benefits of mentoring include:
- Healthier relationships and better social skills
- Boosted self-esteem and confidence
- Improved academic performance and engagement
- Reduced school dropout rates

Support your teen's growth

Our programs help young people in four key outcome areas:

Resilience

Hope
for future

School
belonging

Asking
for help



"The best thing about the program was checking in with someone on how it is going every week"

– Raise Digital Mentee 2023



"I would totally recommend this program.

If you have a teenager, you have concerns about because they are not opening up to you, a Raise mentor provides a safe space for them to talk. For me it provided a bridge, my daughter was getting her needs met and respected. I was able to relax as she was getting the support she needed under our own roof."

– Parent of Raise Digital Mentee 2024

Our programs are **free** and open to young people in Years 8–9
(or ages 13–16 for home-schoolers).

Enrol in Raise Digital Mentoring today
and give your teen the support they deserve
raise.org.au

Scan the
QR code to
apply for
your teen
today ▶

