

Want someone to talk to? We've got your back.



**Free. Online.
Just for you.**

Life can be full on sometimes. If you're feeling overwhelmed, stuck, or like no one really gets it – you're not alone.

Raise is here to help.

We offer a free online mentoring program for teens aged 13–16.

What you can expect:

- Get paired with a trusted mentor – a real person who'll listen and support you
- Regular One-to-one catch ups
- No pressure, no judgment
- It's all about you – your thoughts, your goals, your voice
- Flexible, free and online, so it fits into your life anytime, anywhere

If this sounds like something you'd be into, scan the QR code for more info



You don't have to go through it alone.

Raise can provide you with someone who will listen.

raise.org.au/digital/teens

"The mentor doesn't judge or tell me what to do – they just listen and help me figure things out on my own."

– 2024 Raise Digital Mentee

