

# Is your teen struggling? Give them the support they need



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

## Why choose Raise Digital?

- **Flexible:** One-to-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



"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



Our programs are **free** and open to young people aged 13–16

**Apply today**  
**raise.org.au**

Scan the  
QR code to  
apply for  
your teen  
today ►

