

What do we achieve?

Young Australians are empowered to be resilient, capable and connected, and the adults in their lives are skilled to support them. Our vision is a powerful youth mentoring movement that creates thriving communities across Australia.

What is mentoring?

A confiding relationship with a trustworthy adult is one of the single best predictors of wellbeing for young people facing adversity. Mentoring is a one-on-one relationship where a more experienced person supports a less experienced person to identify and achieve their goals. We work on the premise that it takes a village to raise a child, and everyone needs someone to talk to.



Impacting youth wellbeing and engagement through early intervention mentoring programs in schools and communities

raise.org.au

How can you help?

Volunteer to become a Raise Mentor
Complete our industry leading Raise Youth Mentor Training
Become a Raise Partner with a corporate social partnership
Make a regular pledge through workplace giving
Attend or sponsor our innovative fundraising events
Make a donation or provide a funding grant
Ask us to train your staff in mentoring and youth wellbeing
Tell all your friends about Raise

Offer your time, treasure or talent to help Raise make an impact on the wellbeing of young Australians.



raise

raise.org.au

Why do we exist?

To ensure young people feel heard, valued and supported.

- In Australia, 1 in 6 people are aged 12-24
- Suicide is the highest reason for death of young people
- 1 in 4 have a mental health condition
- 1 in 3 are without adequate work (ie either un- or under-employed)
- 1 in 10 are completely disengaged from education and training
- Only 36% of young people will ask for help

Who are we?

Raise is a registered Australian charity with Tier 1 DGR status. We are not affiliated with any religious or political organisations and we are managed by a professional board of corporate and industry experts. Since our inception in late 2008, Raise Foundation has matched **5,424** young Australians with a professional mentor to meet with. We have delivered industry leading mentor training to **3,949** volunteers. We support young people every day to develop their resilience and relationships, ability to ask trusted adults for help, increase their coping skills and confidence, set and achieve goals, and engage with education and employment.

What programs do we offer?

Ismo (in school mentoring opportunity) is for young people in high school. We mentor for an hour a week in term time on school premises with a social and emotional focus.

Youth Frontiers is supported by the NSW Government and is for young people aged 12-16 in NSW high schools. **Bump** is for young pregnant or parenting girls. We mentor and gather weekly about specialist topics specific to the challenges that young mums face.

How do we work?

Mentees are invited to participate in our mentoring programs after they have gained parent consent, and **98.9%** of our mentees say they enjoyed our program. We welcome volunteers to become Raise Mentors through our application process, and they are highly valued members of our team. Raise Mentors complete our industry leading training and our matches are supported each week by our qualified Program Counsellors. Raise is a **Youth Safe, Youth Friendly** organisation with a strong Youth Safety Framework. We conduct comprehensive evaluation to prove and improve our impact and we work hard to maintain a low match cost so our donated dollar goes a long way. Our programs are all conducted during week days within school hours and during school term time.