

Peer support and mentoring groups for young people

The groups and organisations listed below might be of interest to adolescents and young adults who live with chronic conditions.

- Australian Network on Disability PACE Mentoring Positive Action towards Career Engagement or PACE Mentoring connects jobseekers with disability to mentors from leading Australian businesses. <https://www.and.org.au/pages/mentoring.html>
- Canteen is for people aged 12 to 25 years who are dealing with their own, or a close family member's, cancer. <https://www.canteen.org.au/getsupport/>
- Cerebral Palsy Sporting and Recreation Association While not specifically youth focused, this offers a mentor program for people wanting to start a new sport. It may be a way for young people with cerebral palsy to connect. <https://www.cpsara.org.au/>
- Chronic Illness Alliance has a list of peer support services for those with chronic conditions. <http://www.chronicillness.org.au/>
- ChIPS Chronic Illness Peer Support Group @ Sydney Children's Hospital Network <https://www.schn.health.nsw.gov.au/our-hospitals/kids-teenagers/services-for-teens/chronic-illness-peer-support-chips>
- Creaky Joints is for arthritis patients. <https://creakyjoints.org.au>
- Crohns and Colitis Australia <https://www.crohnsandcolitis.com.au/find-support/>
- Disability Services Australia provides some mentoring for young people with complex disabilities. <https://dsa.org.au/services/mentoring-services/>
- Diversity and Disability Alliance is run by and for people with disability from diverse backgrounds with the support of families and allies. It offers various peer support services and programs. <http://www.ddalliance.org.au/>
- Hear for You is for teenagers with permanent hearing loss. It provides a variety of programs and workshops, including mentoring. It is an NDIS provider. www.hearforyou.com.au
- Get Psorted for Psoriasis <https://www.facebook.com/getpsorted/>
- Heart Kids runs some peer support. <https://www.heartkids.org.au/page/155/peer-support-program>
- Little Dreamers is for young carers and siblings. Funded by the Australian Carer Gateway, it has an in-person mentoring program in Sydney's east as well as online groups, great initiatives and events. <https://www.littledreamers.org.au/>
- Livewire is a free online community connecting teens living with illness or disability, and their siblings, in Australia or New Zealand. <https://livewire.org.au/>
- Muscular Dystrophy NSW Peer Connect Program <https://mdnsw.org.au/our-services/peer-connect/>
- NF Connect is for young people with neurofibromatosis. <https://www.ctf.org.au/page/219/nf-connect-for-teens-young-adults>
- Pain Australia has a good list of sites of specific condition support which may be helpful. <https://www.painaustralia.org.au/find-support>
- Physical Disability Council offers peer mentoring for young people with significant disabilities. <https://www.pdcnsw.org.au/peer-connections/>
- Raise Mentoring Program is an early intervention strategy for high school students. In partnership with schools and the broader community, it empowers young people to navigate challenges and believe in themselves. It recruits, trains and screens volunteers to become youth mentors before matching them with a young person (typically 13-14 years old) in a local, public high school. <https://raise.org.au/>
- Spinal Cord Injuries Australia offers a peer support program. It has recently decided to appoint a specific paediatric peer support worker to help support young people with newly acquired spinal cord injuries. <https://scia.org.au/peer-support/>