



BACKSTAGE PEERS

Would you like
to volunteer?

We help teens
and we need you

Are you between 17 and 25 years old? And do you want to help make a difference? Join us and become a volunteer!

We are an association called PEERS. We are all volunteers and we have the ambition to make the everyday life easier and better for people, who are struggling with mental health difficulties, loneliness, too much pressure and the expectations of being perfect.

We have two core projects “Brigde to the everyday life” (“Bro til hverdagslivet”) supporting adults and the elderly. And “Backstage” focusing youngsters at the ages between 15-30.

In Backstage we create workshops and presentations aiming to aid vulnerable people regarding many different issues within the mental health area, such as anxiety, bullying, boundaries and so much more. We collaborate with the student counselors at high school, boarding school and other platforms. We offer peer-to-peer counselling for the students based young volunteers that match each other. We also offer community,

fun and activities at a school called “the Base” in Birkerød, which is a school for young people with autism and anxiety.

In PEERS we all know how it feels to go through a difficult time in life. Therefore to be a volunteer in Backstage it is a necessity, that you yourself or someone really close to you have experienced difficulties and have had a rough time in life – it can be loneliness, too much pressure, mental difficulties or something similar. We believe that our personal experiences make a difference when we connect with other young people – we know exactly what they mean, when they say they are sad, lonely, under

too much pressure and so on. In Backstage we can relate and we can show ways out of the struggle. To be a volunteer in Backstage you must be between 17 and 30 years old. If you want to be part of the youth counselling, you must be between 17 and 25 years old.

If you have no experience with having difficulties yourself or someone close to you, and you would like to help someone, you might fit in our young-to-young” team. It’s for volunteers with an interest in psychology / pedagogy who is between 17-25 years old.

To be an international volunteer in Backstage and offer young-to-young counselling you must be comfortable and fluent in English.

The volunteer work in Backstage and “Youth-to-youth” is based in Rudersdal. We offer you an introduction course that support your volunteer-work and you will receive a statement about your volunteer-work for your CV.

“Meeting my volunteer peer support has given me a free space, acceptance and understanding. I’m no longer thinking I’m wrong. I’ve got someone to talk to and we experience things together. I dare to live life more on my own terms, and I do not feel lonely anymore. “

Quote from a person receiving peer-support

If you want to be a part of our amazing team, contact our coordinator, Rikke

Volunteer coordinator Rikke Thomsen på
Tlf.: 72 68 33 97 og E-mail: rikth@rudersdal.dk

For more information:

www.peers.nu

www.facebook.com/brotilhverdagslivet/