

BACKSTAGE PEERS

**Would you like
to volunteer?**

**We help teens
and we need you!**

Are you between 17 and 30 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.

Backstage

In PEERS we have two projects: "Bro til hverdagslivet", which is our project for adults and elderly and "Backstage", which is our youth-project, where we support children and young people in the age of 15-30 years who are struggling because of mental health difficulties, loneliness and too much pressure and expectations of being perfect.

In Backstage we offer different kinds of support:

- We do workshops and presentations about mental health, bullying, boundaries and much more.
- We collaborate with the student counselling at the gymnasiums and boarding school, where we offer young-to-young counselling for the students based on young volunteers.
- 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.
- We offer one-on-one-support for young people who need someone to talk to, maybe go for a walk or see a movie in the cinema.

Become a volunteer!

In PEERS we all know how it feels to go through a difficult period 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 gone through some difficult things 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 talk to other young people – we know exactly what they mean, when they say they are sad, lonely, under too much pressure and so on. We can relate and we can show them, that there is a way 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 haven't experienced difficulties yourself or someone close to you, you can be part of our collaboration with another team of young volunteers. The team is called "young-to-young" and is for everyone in the age of 17-25 years who wants to volunteer and be part of our youth-counselling.

To be a volunteer it is not necessary to speak Danish – but you must be comfortable and close to fluent in English.

What's in it for you?

We find that we get a lot out of volunteering in Backstage:

- we make a difference to other people
- it feels meaningful
- we develop our competencies at our volunteer courses
- We get value for the CV - and great references
- we gain broad experience with, among other things, project development, social work and consulting.
- We transform our own difficult experiences into meaningful value for others
- We are part of a super friendly and developing community

As a volunteer in Backstage you will be offered courses and workshops that will help you develop and gain new and relevant competencies to your volunteer work.

Be a boardmember

Backstage is part of the association called "PEERS". PEERS has its own board that takes care of economics, practical issues and democratic decisions. If you have an interest in democratic processes and developing work, you are welcome to run for boardmember.

Praktical information:

Most of our activities is based in Rudersdal in the northern part of Sjælland (20 kilometers from Copenhagen). It is possible to volunteer in Backstage even though you don't live in Rudersdal. We will pay your transport expenses if you want to.

We create new activities all the time, so if you have an idea to a project or activiy please let us know :)

*“Meeting the volunteers has given me a free space,
acceptance and understanding. I’m no longer thinking I’m wrong.”*

Quote from a girl who is part of our project

Do you want to be a part of our amazing team? Or do you have any questions? Please contact us:

Mail: kontakt@peers.nu

Phone: 72 68 33 97

Facebook: www.facebook.com/brotihverdagslivet/

Homepage: www.peers.nu

We are looking forward hearing from you!

