

# @EASE IS LOOKING FOR YOU!

BECOME A VOLUNTEER AND REALLY MEAN SOMETHING TO YOUNG PEOPLE

#WELOVETOLISTEN



At @ease, young people between the ages of 12 and 25 can walk in or chat (without any obligations) to talk about their concerns. Conversation topics can be very different: heartbreak, drug abuse, divorce, bullying, eating habits, study stress, gloom, debt, etc. No matter how big or small the personal questions are: at @ease they can find support.

**Anonymously** and for **free**! There is a trained team ready of enthusiastic volunteers (mostly **peers**) and professionals who can respond well to the concerns people have and - if necessary - can help someone (quickly) find the right care outside @ease.

At @ease, we believe that no young person should be alone when things are not going well. And we could really use your help with that!

## We are looking for volunteers for @ease

For all our locations, we are looking for young people who want to volunteer by offering a listening ear to other young people. Are you a good listener?

And would you like to help young people? Then we are looking for you if you:

- ✓ are between the ages of 16 and 30;
- ✓ can speak to young people in person and via our online chat at our locations ;
- ✓ are available at least 2 afternoons per month.

*Have you suffered from mental health problems?*

*Your experiences can be very helpful to others.*



# JOIN US!

#FUN #LEARNING #VALUABLE



## We offer you:

- ✓ a fun and sociable (!) team of volunteers and professionals to work with;
- ✓ a workplace where you will gain experience in listening to and having conversations with young people;
- ✓ a training and supervision along with fellow volunteers under the guidance of experienced health and welfare professionals;
- ✓ a workplace where there is plenty of room for your ideas and initiative;
- ✓ volunteering where you can really mean something to young people.

## Are you @ease? Would you like to become a volunteer?

We would like to receive an email with your motivation through the location of your choice.

Want more information?

Just walk in, call or email .

Check this video from our volunteers to find out what we do!



ARE YOU ALREADY FOLLOWING US ON SOCIAL MEDIA?



@ease\_Nederland  
@Stichting @ease