Dear volunteers, (healthcare) professionals, initiators, employees of municipalities and ministries, location managers, board members, ambassadors, fellow organizations and sponsors....

you are so important to @ease!
Together we bring our ambition a little closer and for that we are immensely grateful to you.

❤️ for young people

We think that no young person should be left alone with their concerns. We truly believe in the power of peer support. Talking helps! Unfortunately, far too many young people are not doing well. They struggle with themselves and with what is happening in their world. Talking about it can provide enormous relief or prevent more problems. At @ease, we offer these young people a listening ear. They can simply drop by or chat: anonymously, without a waiting list and free of charge! Our approach, in which trained peers work together with (health) professionals in the region, is unique and matches what young people themselves want. It works!

The @ease chat is now available Monday to Friday during opening hours. Last year, our volunteers had over 1,400 conversations via chat; for many youngsters that is often a courageous very first step towards help. In 2022, many conversations were also held at our walk-in locations. These locations are set up to feel safe and relaxed. You can find them in places where young people can easily and anonymously step inside: in a building of youth organizations, in a clothing store, in the library, sometimes in the middle of the neighborhood or just in the center of the city. In all these places, our volunteers and professionals are ready for young people who just want to let their hearts out. In 2022, we opened locations in Leiden and Leeuwarden. At the beginning of 2023, @ease Haarlem and @ease Zwolle will start. And in various other places in the Netherlands the first steps towards a new @ease location are being taken by enthusiastic local initiators. It is great that we can offer a listening ear in more and more places.

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Building a solid safety net for young people is something we do together. So with young people who themselves indicate what mental health care should look like. With their parents, teachers and care professionals who provide daily guidance or support. With scientists who research what works and what doesn’t. And also with other organizations that work hard for young people with psychosocial problems. Such as MIND Us, which stimulates (innovative) initiatives and ensures that mental problems of young people get the right attention. In the recently founded Alliance for Accessible Mental Health for Adolescents we combine knowledge and energy to create a national network of walk-in facilities for young people. And with our colleagues from 113, Alles Oké Supportlijn and Community Transformers we ensure that young people can find a listening ear online.

Looking after each other
Thanks again for your involvement; you really do make a difference! On behalf of @ease, we want to wish you meaningful holidays. For many of us a time of warmth and togetherness, although this is certainly not evident for everyone. In these days, ask the people around you how they are really doing...

Warm wishes,
on behalf of the board and management of the @ease Foundation,

Paul van der Velpen
Jan Huizer
Hans du Prie
Rianne Klaassen
Thérèse van Amelsvoort
Arianne Westhuis