

**Alex** is 18 years old and has just moved into their own apartment. The apartment is a youth housing unit located in the center of Vejle. Alex is an only child and has a very complicated relationship with their parents, which worsened when they came out as non-binary. Their parents could not accept this at all and threw Alex out of the house, leaving Alex extremely unhappy with the parents' decision and has no contact with them. At the same time, the abrupt separation meant that Alex had to find money for the apartment, including furniture and other necessities for moving out. Alex, therefore, has very little money, which is also a significant concern.

They are currently attending FGU in Vejle on the Study-Ready track. They are there to try to improve their grades but don't really know what they want to do after FGU and are generally unsure about what the future holds. They experience a lack of energy or desire to attend school but still choose to go. However, they rarely do much at school and are almost always late with their assignments. On one hand, it's hard to stay motivated in school, but on the other hand, it's also the place where they have people to talk to.

Alex appears well-groomed with slightly messy hair and wears baggy clothes from second-hand stores. Outwardly, they seem happy and smiling, but they mostly feel depressed and sad. At school, they are the type of student you rarely notice, because they disappear in the crowd, except when they occasionally contribute thoughts that can be difficult to handle in class. They have a strong distrust of adults in general, which is particularly evident in their interactions with teachers. Alex never eats at school because they are worried others will judge them, because they are a bit overweight.

There are a few friends at school, but none of them are very close, also not outside of school. Alex, therefore, feels extremely lonely and feels like they don't really fit in anywhere. They do know they have value as a person but still speak harshly to themselves. When they are not at school, they mostly spend their time sleeping or watching movies and series. They primarily watch what is discussed at school to be able to participate in conversations with others. They really want to start the "Learn to Tackle Your Anxiety and Depression" program with the Vejle municipality but can't bring themselves to take the first step.

Information the instructor does not have before asking:

- Alex increasingly thinks that everything might be pointless and feels emotionally numb.
- Alex has started self-harming and has found that the adrenaline rush when they do it helps with their thoughts.
- Alex has started thinking about what it would be like to jump in front of a train; they have seen several places near the station where it is easy to be alone by the tracks.

**Cecilie** is a quiet girl who is 16, soon to be 17 years old. She lives with her family just outside the city. She is the middle child and has parents who are older than the parents of others her age. She feels it is safe at home and that she has a good relationship with her parents. She loves being home alone and being by herself. She has a boyfriend named Kasper, who is 21 years old. She is fond of him, but there are probably more problems in their relationship than there should be.

She is a fair-skinned girl with freckles and a slumped posture. She often wears leggings, a hoodie, and sneakers, and she has several tattoos and piercings.

In her free time, she plays a lot of computer games online with others and finds it easy to talk to the friends she has through her games, where many of the conversations often take place in English. She really enjoys going for walks, reading, being creative with drawing and painting, and building Lego. She dreams of creating a comic in the future and therefore spends a lot of time drawing.

Cecilie is diagnosed with ADD, for which she has tools to manage, but she does not feel she is receiving the help she needs. She prefers to stay in the background and doesn't draw much attention to herself in class. She mostly sits alone and is typically the last to get up for food and doesn't eat much. She sees herself as introverted and likes to be in a quiet workshop and is currently in textiles. She often feels overlooked in class and speaks very softly when asked a question. She walks or bikes to school. She has two teachers that's she has a good collaboration with and whom she trusts.

Her experiences from primary school are marked by her being bullied because of her appearance and often feeling overlooked or left out. She often has stomachaches and sleeps poorly when she has to go to school, which sometimes causes her to skip school quite a lot. However, during holidays and weekends, she sleeps very well and has less stomach pain.

She is a bit insecure about herself and finds it difficult when there are too many people around her. She is afraid to show herself and attract attention, which also makes her cover her body. She feels very insecure about her body because she reads a lot about how people think you should look on social media, and a lot of the people she follows on SoMe are models, which she thinks she is definitely not. She is shy, finds it hard to trust others, and is insecure about herself. She has few friends but has two good girlfriends, one is quiet, and the other is a bit more outgoing. Outwardly, she wants to appear happy and easy to talk to, but she is actually quite closed about her own thoughts.

Information the instructor does not have before asking:

- She often feels manipulated and exploited in her relationships because she finds it difficult to say no, which means her boundaries are often crossed, especially with her boyfriend.
- She is quite lonely and finds it hard to break out of it and meet new people because she thinks it's probably her own fault.
- She often experiences racing thoughts, primarily about not having any value as a person.

**Malte** is 19 years old and lives in Nordbyen, a part of Fredericia, with his parents. They moved to Fredericia from Kolding three years ago, which has been tough for Malte. He resides in a caravan in the garden because his parents are fed up with him. He has a large soundbox that often keeps the neighbors awake, leading to numerous complaints to his parents. Malte finds it difficult to cope with his parents and what he perceives as their ridiculous rules. He has an okay relationship with his sister, whom is 30 years old.

Malte attends FGU (Preparatory Education) with a focus on metalwork, but he doesn't really spend much time there. Getting up in the morning is difficult for him, it feels like it doesn't really matter and he feels like he doesn't belong there. He views the other students as nerdy and boring. For the same reason he never wears work clothes, but rather his normal clothes, which always includes a puffy jacket. He travels there on his modified electric scooter.

In the past, Malte was into shooting courses and soccer, but he no longer devotes much time to these activities. He always carries a cloud of perfume around him to mask the fact that he often neglects to take a shower. Mainly because he must go into his parents' house to do so, which leads to heated arguments with them every time.

Malte thinks others see him as a badass, and he does his best to live up to that image. However, that also makes him feel that there are numerous expectations to live up to. Particularly in his leisure time spent with a larger group of young people from an ethnic background. This environment is tough, marked by drugs, drug sales, and incidents of violence and theft. The members whom Malte looks up to, seem to control the group and are aged 30 and above. They live a life of money and women, and Malte does a lot to gain their approval, sometimes crossing his own and others' boundaries.

Malte spends a lot of time telling others, both at school and in his free time, about how much he parties and how many girls he gets. In reality, he spends most of his time at home in his caravan, where he does drugs because he feels they help numb his thoughts. Lately, it has become increasingly difficult for him to see any meaning in his daily life, and his drug use has escalated dramatically. It has become even more difficult to get to school and he goes to great lengths to avoid his contact person from the municipality, with whom Malte has a poor relationship.

Information the instructor does not have before asking:

- Malte recently heard that one of the others from the group took their own life by suicide; he thinks maybe it could be an okay way to go.
- The other young people in the group definitely talk about suicide as something cool; maybe it would be a badass way to be remembered.
- He has started searching online for ways to die, where he will still look good when found. He has found a website that offers help and support for committing suicide that looks appealing.