

A project by OFF THE RECORD Bristol

# The Mentality Project

*Body Image is a real  
problem in my school.  
What can I do about it?*

*I had depression...  
I would like more people  
to understand it.  
What can I do about it?*

## **VOLUNTEERS NEEDED!**

The Mentality project trains and supports young people, aged between 13 and 21, to become local leaders on issues to do with young people's mental health and rights. This group campaigns for a better understanding of the term 'mental health', less stigma and more effective services.

An important part of the project is encouraging your skills and interests. So, if you are passionate about raising awareness of a particular issue like anxiety, or you're a whizz at using Facebook, or you're really into photography, we want to help you develop these interests...



# WE'RE LOOKING FOR YOUNG PEOPLE WHO...

- Have some experience with mental health issues or used a mental health service. This could be yourself, your friend or a family member who have experienced a mental health issue or mental health service.
- We need a minimum commitment of two hours a week on a Thursday evening for 6 months.
- To be a positive role model and creatively spread an anti-stigma message to young people across Bristol.

## WHAT YOU CAN EXPECT FROM US...



- Training to support you in your role
- A certificate for the work you do
- A series of social events and away-days through the year.
- All expenses paid for anything you do connected to the project

BTW... This may sound a like a big commitment or a bit scary, but here at Off the Record we support and empower you by using volunteering to build confidence, self esteem, knowledge & skills!

## WANT TO KNOW MORE?

Email [laura@otrbristol.org.uk](mailto:laura@otrbristol.org.uk) or call 0797.550.7300  
For more info, visit [www.otrbristol.org.uk/campaigns](http://www.otrbristol.org.uk/campaigns)  
We meet every Thursday between 5.30 & 7.30pm, at our offices in Bristol city centre.

**OFF THE RECORD** Bristol  
[www.otrbristol.org.uk](http://www.otrbristol.org.uk)

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