



# THE MENTALITY PROJECT

The Mentality Project is OTR's award-winning youth-led social action project that works to challenge the stigma, discrimination, and social inequality surrounding young people's mental health.

Mentality is made up of young volunteers aged 13-21, and the project offers training, support, and accreditation, and encourages volunteers to find their individual and collective voice.

A lot of our members also say how joining the project has had a positive impact on their wellbeing – we see volunteering and social action as a great way to look after your mental health!

Young people on the Mentality Project outreach to schools, colleges and other youth settings across Bristol and South Gloucestershire, delivering training and workshops to thousands of young people and professionals each year.

If you join Mentality you can expect to meet amazing new people, learn loads, and get that amazing feeling from knowing you're making a difference out there in the world!

The group meets every Thursday  
5.30pm – 7.30pm @ OTR's  
premises in Old Market, BS2 0BH.  
You don't need to be able to  
commit to every session, and you  
can stay a member for as long as  
you like.

You can arrive from 5 for a drink and a chat.