



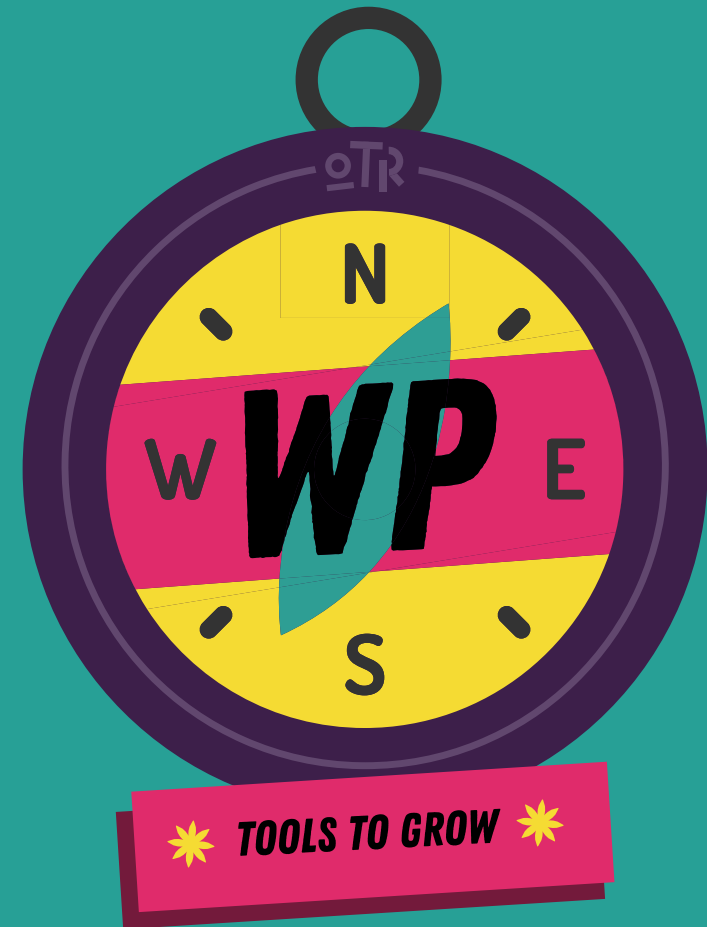
WELLBEING PRACTITIONERS

Who we are, and what we can help with

OTR

WHO WE ARE

We are a team of Wellbeing Practitioners at OTR (Off the Record Bristol) who support young people, aged 11-18, who are experiencing mild to moderate mental health difficulties. We are trained in low intensity Cognitive Behavioural Therapy (CBT). CBT is a type of talking therapy that identifies and changes patterns of thoughts, feelings and behaviours that are getting in the way of a young person feeling good.



WHAT WE CAN HELP WITH

Anxiety

CBT can help young people manage their worries and face situations they usually avoid because they are too anxious. This could be anything like getting a bus, public speaking or social activities.

Signs that a young person could benefit from CBT for anxiety include:

- Panic attacks
- Avoiding social and performance situations
- Worrying a lot
- Being anxious away from their caregiver
- Specific phobias
- Having obsessive thoughts and/or engaging in compulsive behaviours



Depression and low mood

CBT can help young people whose low mood has resulted in them no longer doing things they used to, which in turn keeps the low mood going. CBT can also help when negative thinking is causing a young person to feel low.

Signs that a young person could benefit from CBT for low mood include;

- Finding things are no longer fun
- Changes in appetite, sleep and energy
- Feeling sad, numb, low or irritable
- Withdrawal and isolation
- Difficulty concentrating
- Feeling worthless
- Being more angry or aggressive

WHAT WE CAN HELP WITH

We can also support young people who are having difficulties with **sleep, self-esteem, stress** and **emotional regulation**.

In addition, our Freedom and Zazi projects can offer targeted Wellbeing Practitioner work.



Freedom is for young people who identify as LGBTQ+. OTR's targeted support allows young people the space to explore identity and the impact of being LGBTQ+ on mental health.



Project Zazi supports BAME young people who are navigating issues around race, identity and culture. The Zazi Wellbeing Practitioners offer a space to explore how race and identity impacts on our mental health.

As Wellbeing Practitioners, we are not trained to support young people experiencing complex mental health problems, high levels of risk, or who are receiving support from CAMHS or other counselling services. However, OTR offers other services which may be suitable and we can help you and the young person access these or signpost to other agencies.

TOOLS TO GROW ✨

HOW WE WORK

- + We usually offer 6-8 weekly 1:1 sessions (with some flexibility for fewer/more sessions if needed)
- + We can offer remote sessions by phone or video chat, meet young people at school, at OTR, or out in the community
- + The sessions involve activities, questionnaires and discussions
- + The young people are asked to practice what they've learned in session each week
- + We can offer an interpreter if needed
- + Parent/carer involvement is an option
- + If consent is given, we record sessions to share with clinical supervisors (for training purposes)
- + We can offer group courses on anxiety and low mood, body image or self-harm - get in touch to find out more

 If you are interested in working with a Wellbeing Practitioner at OTR please get in touch at: schools@otrbristol.org.uk

WHAT'S BEEN SAID...

💬💬 **OTR'S INTERVENTIONS HAVE HAD A HUGE IMPACT - THE STUDENTS HAVE BEEN SUPPORTED QUICKLY AND PROACTIVELY, AND AT AN EARLY STAGE** 💬💬

💬💬 **ONE OF MY STUDENTS HAS CONSTANTLY REFUSED HELP FOR TWO YEARS, NO MATTER WHAT HELP I OFFER. SHE FOUND OUT HER FRIEND WAS ACCESSING OTR IN SCHOOL AND HAS SINCE MADE HER OWN REFERRAL. WORD OF MOUTH AND THE AVAILABILITY TO ACCESS HAS MADE THIS HAPPEN** 💬💬



DO GOOD STUFF



Find out more here:

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SCHOOLS@OTRBRISTOL.ORG.UK