



Hello! We're OTR.  
We're a mental health social movement  
by and for young people.

We provide free and self-referral mental health info and support to young people aged 11-25 through a range of wellbeing projects across Bristol, South Gloucestershire and North Somerset.

Come to us for group work, one-to-one support, art and outdoors-based projects, LGBTQ+ info and support, targeted work with BIPOC young people, campaigning and much more. We recommend starting with:

## OUR HUBS

Safe and relaxed spaces where you can drop in and have a chat. Hubs are the best way to find out more about what we do at OTR, especially if you're not sure where to start.



## WHAT'S GOING ON FOR YOU?



Covid 19



I'm feeling anxious



I'm feeling low / depressed



## OUR WEBSITE OTRBRISTOL.ORG.UK

We ask 'What's going on for you?' to give you a choice and a voice in how OTR helps with your wellbeing. We then present you with a range of options. If you like what you see, sign-up or drop-in as advertised.



YOU CAN ALSO FOLLOW US @OTRBRISTOL



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