

HUBS

OTR's Hubs are safe and relaxed spaces you can simply drop into for a chat - no appointments needed. They are there for you to meet our team, discover more about what we offer, and learn about mental health and self-care.

Meet our staff and volunteers

Find out about our projects
and sign up

Have your questions answered

Learn about other organisations
who can support you

Self-help resources for you to
take away

Creative activities and games

Tea and biscuits!

MONDAYS

4-7pm @ 8-10 West Street,
Old Market, Bristol, BS2 0BH

WEDNESDAYS

3:30-5:30pm @ Armadillo,
Station Road, Yate, BS37 4FW

SATURDAYS

10am-1pm @ 8-10 West Street,
Old Market, Bristol, BS2 0BH



@otrbristol



otrbristol.org.uk