



*HERE ARE SOME SUGGESTED POSTS TO COPY AND PASTE WHEN SHARING OUR GRAPHICS.
FEEL FREE TO ADAPT OR PERSONALISE. 🙌*

Instagram:

Hey! Have you heard about @OTRBristol? They exist to support, promote and defend the mental health, rights and social position of young people. If you live in Bristol or South Gloucestershire and are 11-25, you can access their groups and projects for free!

You can drop in to one of their regular Hubs or explore their website to sign-up directly to the project or service you want to try. Head to otrbristol.org.uk to find out more.

Facebook:

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OTR offer a whole range of projects co-designed with young people to suit your needs and interests, as well as 1:1 therapies and online resources. All of OTR's services are delivered by a team of super-friendly staff and volunteers.

You can drop in to one of their regular Hubs or explore their website to sign-up directly to the project or service you want to try. Head to otrbristol.org.uk to find out more.

Twitter:

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Head to otrbristol.org.uk to find out more 🙌