

# Helpful Organisations and Professionals



[www.otrbristol.org.uk](http://www.otrbristol.org.uk)

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OTR is a mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire.



[www.themix.org.uk](http://www.themix.org.uk)

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webchat open from 3pm – midnight everyday



[www.kooth.com](http://www.kooth.com)

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online support and counselling, self-help materials and forums  
midday - 10pm on weekdays, 6-10pm Sat and Sun



[www.childline.org.uk/get-support](http://www.childline.org.uk/get-support) 0800 1111

24/7 helpline and online 1-2-1 chat. Talk to a trained counsellor in a safe space about anything that's worrying you

**Click on the links below to access further resources for exam stress**

**[Young Minds: Guide to coping with Exam Stress](#)**

**[OTR - Stress Zine](#)**

**[Young Minds: coping with exam stress blog by a young person](#)**

## Who can you talk to in school?