



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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