



A GUIDE TO SUPPORT SERVICES

WHO WE ARE

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

We're not just a charity providing mental health services, but a movement mobilised to support, promote and defend the mental health, rights and social position of young people. We offer a variety of projects designed to empower young people to support themselves and their communities, and work across schools, youth spaces and the community to help young people learn more about mental health and self-care.

We often hear about mental health 'problems' or 'issues' but ups and downs in life are normal. We all experience good mental health and we all experience poor mental health. Just like with physical health, there are things we can do to support our mental wellbeing and services available to help if we are struggling.

This booklet will talk you through the different support options available within North Somerset - including youth groups, 1:1 counselling, and specialist support. Some are local and others are national. Some are face-to-face and others are online. Either way, we hope there will be something that suits you.

Can't find what you're looking for? Feel free to drop us an email at northsomerset@otrbristol.org.uk and we'll try our best to help you find the support you need. And just so you know - all of the projects to the right are available to sign up to over on otrnorthsomerset.org.uk

OUR PROJECTS



Seven-week group for young people aged 11-18 who are struggling with stress, anxiety, low mood and depression.



Six-week group for young people aged 11-18 impacted by issues related to body image and low self-esteem.



Weekly fun and interactive workshops for 11-18 year olds teaching about stress management and self-care



A 3D virtual world where young people aged 11-18 can identify, communicate and reflect on difficult thoughts and feelings.



Eight-week group for young people aged 16-18 who are interested in learning, engaging and understanding social activism.

YOUTH GROUPS

PORTISHEAD YOUTH CENTRE

Ages: Up to 18 | **Location:** Portishead | **Website:** portisheadyouthcentre.co.uk

Portishead Youth Centre offer loads of different projects, courses and activities for young people to get involved in. From skateboarding to street dance, baking to crafts - there's something for everyone!

They run after-school and evening drop-ins, as well as support and advice sessions to help with a range of issues including mental health, sexual health and careers.

The youth centre is also home to the Portishead Karate Academy and the Rock Project, which provides tuition in guitar, bass guitar, drums and singing.

JUNCTION 21

Ages: 10-21 | **Location:** Weston-super-Mare | **Website:** n-somerset.gov.uk

Junction 21 is a mentoring and advocacy project for young people managed by North Somerset Council. They deliver a range of services for young people who are struggling and don't feel they have a voice.

If you have been placed in local authority care or are leaving care, you have the right to receive confidential advice, support and information from an independent advocate.

AREA 6T5 YOUTH CLUB

Ages: 8-18 | **Location:** Nailsea | **Website:** facebook.com/area6t5

Weekly youth groups run by Foreal Youth.

CONGRESBURY YOUTH PARTNERSHIP

Ages: 8-18 | **Location:** Congresbury | **Website:** congsyp.org.uk

Offer a range of after-school and evening clubs and activities.

YMCA CLEVEDON

Ages: 11-18 | **Location:** Clevedon | **Website:** ymca.org.uk

Offers mentoring, after-school drop-ins and youth spaces - no sign up required!

YMCA WESTON

Ages: 11-18 | **Location:** Weston-super-Mare | **Website:** ymca.org.uk

Runs weekly youth groups.

YOUTH CLUB @ THE BARN

Ages: 8-18 | **Location:** Clevedon | **Website:** thebarnclevedon.com

Open-access youth groups run by Foreal Youth.

YATTON YOUTH CLUB

Ages: Up to 18 | **Location:** Yatton | **Website:** facebook.com/YattonYouthClub

Weekly youth groups and opportunities to run a youth-led cafe on weekends.

LONG ASHTON YOUTH GROUP

Ages: Up to 18 | **Location:** Long Ashton | **Website:** youth.org.uk

Weekly youth groups where you can make friends and have fun.

PILL YOUTH CLUB

Ages: Up to 18 | **Location:** Pill | **Website:** pillkids.wordpress.com

Clubs and activities for young people.

SKILLS & TRAINING

THE PRINCE'S TRUST

Ages: 11-30 | **Location:** National | **Website:** princes-trust.org.uk

Provides tools and skills to help you get into work, education and training.

OUTDOOR COLLEGE

Ages: 11+ | **Location:** Tickenham | **Website:** outdoorcollege.co.uk

Offers wellbeing and Level 1 and 2 agricultural courses.

BOOMBOX YOUTH PROJECT

Ages: 11-19 | **Location:** Weston-super-Mare | **Website:** boomsatsuma.com

Delivers training and opportunities to help prepare you for employment.

SEXUAL HEALTH

UNITY SEXUAL HEALTH

Ages: All ages | **Location:** North Somerset | **Website:** unitysexualhealth.co.uk

Free, confidential sexual health service providing advice and STI testing.

MENTAL HEALTH

KOOTH

Ages: 11-18 | **Location:** National | **Website:** kooth.com

An online mental wellbeing community providing free, safe and anonymous support, including helpful articles, discussion boards, a daily journal, and the opportunity to chat with the team about anything that's on your mind.

VITA MINDS

Ages: 16+ | **Location:** North Somerset | **Website:** vitahealthgroup.co.uk

NHS talking therapies provider for Bristol, South Gloucestershire and North Somerset offering a range of short-term psychological therapies for issues such as depression, anxiety, post-traumatic stress, excessive worry or low mood.

Vita Minds is self-referral and offers interventions such as groups and workshops, online therapy and 1:1.

WANTED NOT WASTED

Ages: 5-18 | **Location:** Weston-super-Mare | **Website:** wantednotwasted.wixsite.com

Free counselling for young people living in Weston.

SUBSTANCE ADVICE SERVICE

Ages: 10-18 | **Location:** North Somerset | **Website:** n-somerset.gov.uk

Support, information and advice around drugs and alcohol.

WELLSPRING COUNSELLING

Ages: 11+ | **Location:** North Somerset | **Website:** wellspringcounselling.org.uk

Free 1:1 counselling and wellbeing practitioner services for young people.

IN CHARLEY'S MEMORY

Ages: 11-25 | **Location:** Burnham-on-Sea | **Website:** incharleystmemory.co.uk

Counselling for young people struggling with issues such as anxiety, depression and disordered eating.

JACK HAZELDINE FOUNDATION

Ages: 11-18 | **Location:** North Somerset | **Website:** thejhf.org

Mentoring, tutoring, outdoor learning and therapeutic programmes via professional referral.

VINE COUNSELLING SERVICES

Ages: All ages | **Location:** Congresbury | **Website:** vinecounselling.org

1:1 counselling for a range of issues, such as stress, trauma and family problems.

SAFE HAVEN

Ages: 16+ | **Location:** Weston-super-Mare | **Website:** second-step.co.uk

Mental health crisis support and signposting seven days a week from 6pm-midnight.

BEAT

Ages: All ages | **Location:** National | **Website:** beateatingdisorders.org.uk

Information, support and helpline services for those struggling with eating disorders.

THE MIX

Ages: Up to 25 | Location: National | Website: themix.org.uk

Information, helpline, webchat and online counselling to help young people with a range of issues.

SAMARITANS

Ages: All ages | Location: National | Website: samaritans.org

Helpline offering 24/7 listening support.

CRUSE BEREAVEMENT

Ages: All ages | Location: National | Website: cruse.org.uk

1:1 and group support for those experiencing bereavement.

SHOUT

Ages: All ages | Location: National | Website: giveusashout.org

Free crisis text service for anyone who is struggling to cope.

CHILDLINE

Ages: Up to 19 | Location: National | Website: childline.org.uk

Confidential service offering information and support through their website and helpline services.

LGBTQ+

ALBERT KENNEDY TRUST

Ages: 16-25 | **Location:** National | **Website:** akt.org.uk

Support and advocacy for LGBTQ+ young people facing homelessness.

MERMAIDS

Ages: Up to 25 | **Location:** National | **Website:** mermaidsuk.org.uk

Advice and support for trans, non-binary and gender-diverse young people and their families.

GALOP

Ages: All ages | **Location:** National | **Website:** galop.org.uk

Support for LGBTQ+ people who have experienced abuse and violence.

SWITCHBOARD

Ages: All ages | **Location:** National | **Website:** switchboard.lgbt

LGBTQ+ helpline providing support around issues including sexuality, gender identity, sexual health and emotional wellbeing.

COLOURS

Ages: 13-17 | **Location:** North Somerset | **Website:** nslgbtforum.com

A safe space for LGBTQ+ young people to meet and take part in fun activities. Family support also available.

BLACK & PEOPLE OF COLOUR

NILAARI

Ages: All ages | **Location:** North Somerset | **Website:** nilaari.co.uk

A support service offering talking therapies for those identifying as Black, Asian or from a minoritised ethnic group.

BOLOH

Ages: 11+ | **Location:** National | **Website:** helpline.barnardos.org.uk

Helpline and webchat for young people identifying as Black, Asian or from a minoritised ethnic group.

SUPPORT FOR YOUNG CARERS

ALLIANCE HOMES

Ages: Up to 25 | **Location:** North Somerset | **Website:** alliancehomes.org.uk

Offers weekly therapeutic groups and fun days out for young carers.

PARENTS/CARERS

YOUNG MINDS

Ages: All ages | Location: National | Website: youngminds.org.uk

Information around young people's mental health and a parent/carer helpline.

MENTAL HEALTH AWARENESS WSM

Ages: All ages | Location: Weston-super-Mare | Website: rethink.org

A peer support group for carers of young people who are struggling with their mental health.

MENTAL HEALTH AWARENESS PORTISHEAD

Ages: All ages | Location: Portishead | Website: rethink.org

Offers a friendly and welcoming space for carers who are supporting the wellbeing of a young person.

NSPCWT

Ages: All ages | Location: North Somerset | Website: nspcwt.org

Network of support for parents and carers of young people with additional needs.

SEND AND YOU

Ages: All ages | Location: North Somerset | Website: sendandyou.org.uk

Advice, information and support around special educational needs and disability for young people aged 0-25 and their parents/carers.

THE MINDFUL PARENTING & COMMUNITY PROJECT

Ages: All ages | **Location:** South West | **Website:** mpcp.info

Offer a variety of support options including 1:1 sessions, information workshops and mindfulness courses to support parents, carers and professionals.

HAPPY MAPS

Ages: All ages | **Location:** National | **Website:** happymaps.co.uk

Mental health information and resources for parents and carers.

ANNA FREUD

Ages: All ages | **Location:** National | **Website:** annafreud.org

Information and guidance for parents and carers around children and young people's mental health.

USEFUL APPS

CALM HARM

Ages: 12+ | Website: calmharm.co.uk

Provides tasks to help resist or manage the urge to self-harm.

MY POSSIBLE SELF

Ages: 12+ | Website: mypossibleself.com

A toolkit to help guide you through life's challenges and practice self-care.

DISTRACT

Ages: 17+ | Website: nhs.uk/apps-library/distract

Aims to help you better understand self-harm, monitor symptoms and reduce the risk of suicide.

CLEAR FEAR

Ages: 4+ | Website: clearfear.co.uk

Helps you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses.

SMILING MIND

Ages: 4+ | Website: smilingmind.com.au

Mindfulness meditation app designed to assist you in dealing with the pressures, stresses and challenges of daily life.

MEETOO

Ages: 12+ | **Website:** meetoo.help

Moderated app for teenagers providing peer support, expert help, educational and creative resources, and links to UK charities and helplines.

COMBINED MINDS

Ages: 12+ | **Website:** combinedminds.co.uk

Helping friends and family support young people with their mental health using a strengths-based approach.

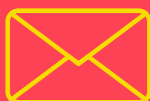
STAY ALIVE

Ages: 4+ | **Website:** stayalive.app

Suicide prevention resource packed with useful information to help you stay safe.



otrnorthsomerset.org.uk



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