



A GUIDE TO SUPPORT SERVICES

Updated Spring 2024

WHO WE ARE

OTR is a mental health social movement by and for young people 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 for self-referral, you can sign up to over on otrnorthsomerset.org.uk

OUR PROJECTS



Six-week group for young people who are struggling with stress, anxiety, low mood and depression.



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



Five week fun and interactive workshops teaching about stress management and self-care



A drop in space for 11-17 year olds (no sign up needed). You can meet our team and discover more about what we offer. They are a great place to learn about mental health and self-care too.



1:1 Therapy for 11-18 year olds in Backwell (waiting list may close at times). This can be a great way to explore and understand your thoughts, feelings and actions, approach the challenges you might be facing.

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 street dance to gardening, 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.

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:** www.clevedonymca.org.uk/

Offers after-school drop-ins Mon-Thurs, with sports, games and crafts. 1:1 Mentoring for young people.

YMCA WESTON

Ages: 10-18 | **Location:** Weston-s-Mare | **Website:** facebook.com/YMCADGYouthClubs

Runs weekly youth groups in around around the Weston area

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 detached youth work.

LONG ASHTON YOUTH GROUP

Ages: 8-15 | **Location:** Long Ashton | **Website:** longashtonyouthclub.charity

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

PILL YOUTH CLUB

Ages: Up to 18 | **Location:** Pill | **Website:** <https://pillandeastoningordano.org/directory/pill-youth-club/>

Clubs and activities for young people.

BOOMBOX YOUTH PROJECT

Ages: 11-17 | **Location:** Weston-s-Mare | **Website:** creativeoutbursts.co.uk

Youth work in Bournville, Oldmixon & Coronation

SKILLS & TRAINING

THE PRINCE'S TRUST

Ages: 16-30 | **Location:** National | **Website:** princes-trust.org.uk

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

POST-16 TEAM

Ages: 16-17 | **Location:** North Somerset | **Website:** n-somerset.gov.uk/my-services/children-young-people-families/youth-services/post-16-team

Support for 16 & 17 years olds not in education, training or employment

JACK HAZELDINE FOUNDATION

Ages: 8-25 | **Location:** North Somerset | **Website:** thejhf.org

Mentoring, tutoring, outdoor learning and therapeutic programmes

MENTAL HEALTH

KOOTH

Ages: 10-25 | **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-s-Mare | **Website:** facebook.com/wantednotwasted

Free counselling for young people living in Weston & drop in groups

WELLSPRING COUNSELLING

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

1:1 counselling for young people and adults. For young people this is donation based and subsidised for adults.

IN CHARLEY'S MEMORY

Ages: 11+ | **Location:** Highbridge | **Website:** incharleymemory.co.uk

Counselling for young people struggling with issues such as anxiety, depression and disordered eating. 1:1 and group work available.

SAFE HAVEN

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

Mental health crisis support and signposting seven days a week from 4pm-midnight.

BEAT

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

Information, support and helpline services for those struggling with eating disorders, and their families & carers.

SHOUT

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

Free crisis text service for anyone who is struggling to cope. Text 'Shout' to 85258

CHILDLINE

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

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

THE MIX

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

Information, 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

Information and helpline for those experiencing bereavement.

EVERY MIND MATTERS

Ages: All ages | Location: National | Website: nhs.uk/every-mind-matters/

Information about little things we can do to lift our mood or ease our anxiety.

LGBTQ+

ALBERT KENNEDY TRUST

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

Support and advocacy for LGBTQ+ young people facing or experiencing homelessness or living in a hostile environment.

MERMAIDS

Ages: Up to 20 | **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 & webchat providing support around issues including sexuality, gender identity, sexual health and emotional wellbeing.

NORTH SOMERSET LGBT+ FORUM

Ages: All ages | **Location:** North Somerset | **Website:** nslgbtforum.com

Weekly Family LGBT+ support group & monthly games night

BLACK & PEOPLE OF COLOUR

NILAARI

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

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

BOLOH

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

Helpline for refugees & asylum seekers providing advice, information and emotional and therapeutic support.

RACE EQUALITY NORTH SOMERSET (RENS)

Ages: All ages | **Location:** North Somerset | **Website:** <https://rens.org.uk/>

A charity advocating social, racial and cultural justice, promoting and supporting the rights, interests, welfare and wellbeing of racially minoritised ethnic communities in North Somerset.

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.

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.

RETHINK MENTAL ILLNESS

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

Online information and local groups for carers who are supporting the wellbeing of a young person. Groups are running in Portishead & Bristol.

NORTH SOMERSET CHILDREN'S CENTRES

Ages: All ages | **Location:** North Somerset | **Website:** n-somerset.gov.uk/my-services/children-young-people-families/childrens-centres-childcare/childrens-centres

Support and groups for parents and children across North Somerset.

BRIDGING THE GAP TOGETHER!

Ages: All ages | **Location:** Weston-s-Mare | **Website:** bridgingthegaptogether.org.uk

Activities and groups to to empower and support families and individuals with Autism and other neurological conditions

USEFUL APPS

CALM HARM

Ages: 13+ | 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: nclwaitingroom.nhs.uk/distract

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

CLEAR FEAR

Ages: 11-19 | 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.

COMBINED MINDS

Ages: 11+ | **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:** styalive.app

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

ALCOHOL / DRUGS

SUBSTANCE ADVICE SERVICE

Ages: 10-18 | **Location:** North Somerset | **Website:** n-somerset.gov.uk/my-services/children-young-people-families/youth-services/substance-advice-service

Support, information and advice around drugs and alcohol.

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.

YOUNG CARERS

ALLIANCE HOMES

Ages: Up to 25 | **Location:** North Somerset | **Website:** alliancehomes.org.uk/support-services/support-for-carers/support-for-young-carers/

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

OTHER SUPPORT

CHAT HEALTH

Ages: 11-19 | **Location:** North Somerset | **Text:** 07312 263093

School Nurse text service offering advice on a range of topics, including health, bullying, relationships, mental health, drugs & alcohol

JUNCTION 21

Ages: 10-21 | **Location:** North Somerset | **Website:** n-somerset.gov.uk/my-services/children-young-people-families/youth-services/mentoring/junction-21-mentoring-advocacy-project

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.

YOUNG VICTIMS SERVICE

Ages: 5-18 | **Location:** Avon & Somerset | **Website:** youngvictims.org.uk/

Support to young people who have been victims of crime, anti-social behaviour or domestic abuse

YOUTH INCLUSION SUPPORT PROJECT (YISP)

Ages: 10-17 | **Website:** <https://n-somerset.gov.uk/my-services/children-young-people-families/youth-services/mentoring/youth-inclusion-support-project-yisp>

Support for young people around offending, anti-social behaviour, self esteem, online safety, building relationships, harmful behaviour and managing feelings.



otrnorthsomerset.org.uk



northsomerset@otrbristol.org.uk



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