

Social, Emotional, Mental Health Support Agencies for Students and Parent / Carers

Off The Record BaNES Off the Record Bath and North East Somerset (offtherecord-banes.co.uk)

CALL US: 0125 31481

OFF THE RECORD
YOUR VOICE. YOUR MIND. YOUR OTR



LISTENING SERVICES

Our listening services comprises of free confidential 1:1 support. You can talk freely and without judgement. We offer 24-hour sessions and counselling. We have centres in Bath, Midsummer Norton and Failand. For more information Call us: 0125 31481 Text us: 0752 891 488 To make a referral please head to our website.

LGBT+ SERVICES

LGBT+ questioning sexuality or gender identity? OTR offers free and confidential LGBT+ services including:

- 1:1 support
- SPACE youth group for 13-21 year olds in BANES
- SPACE360 a monthly group for under-16s and parents/carers

For more info email space@offtherecord-banes.co.uk

GROUPS

Play Café: Open to anyone 10-25. A social space to play games, get support and make new friends. For more information email: grouping@offtherecord-banes.co.uk

Participation Groups including: In Care Counsel, Youth, Parents and Youth OTR. Available to young people in BANES who want to get involved and meet new people. For more info on these groups head to our website.

ADVOCACY

An Advocate makes sure that your views and wishes are heard. We help you speak and when things go wrong, make sure you get the support you need and help you understand your rights.

For more information or how an advocate can help and how to get in touch please visit our website.

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VISIT: WWW.OFFTHERECORD-BANES.CO.UK

Home - Kooth



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Child and Adolescent Mental Health Services

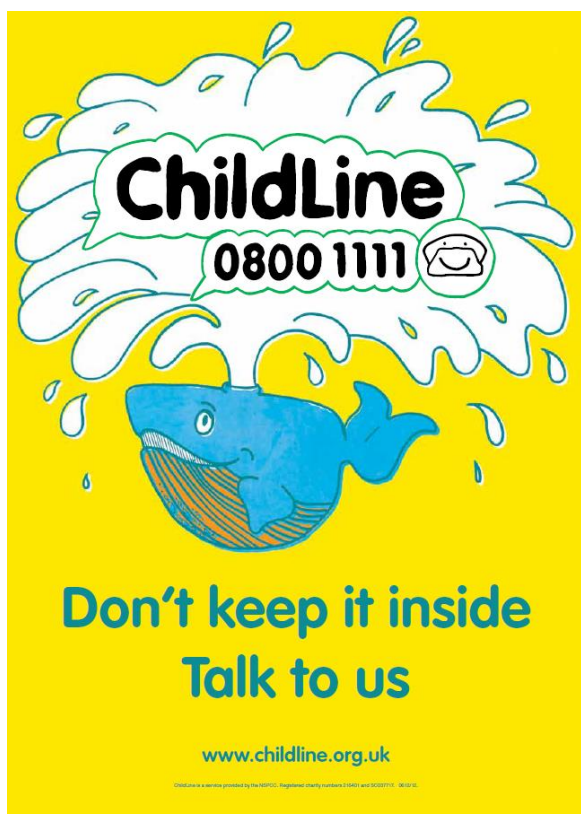
YoungMinds | Mental Health Charity For Children And Young People | YoungMinds

YOUNGMINDS

Charlie Waller Trust, mental health charity



Childline | Childline



National charity helping people with Anxiety - Anxiety UK



The UK's Eating Disorder Charity - Beat (beateatingdisorders.org.uk)



Samaritans | Every life lost to suicide is a tragedy | Here to listen



Home - Harmless Self Harm & Suicide Prevention



The NSHN Forum – The National Self Harm Forum Network



Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)

