

## Young people's mental health

- **Off The Record:** Free, self-referral counselling service for young people age 11-15, who are experiencing low mood, depression, anxiety, phobias, self-harm, eating problems and/or anger. Young people can call, email or text, and services operate in Patchway, Kingswood and Yate. Also offer parent support groups and sessions. Can also see [Facebook](#), [Twitter](#) and [Instagram](#) for more information and up to date groups and activities.

Tel: 0808 808 9120. Text: 07896 880011. Website: [Home - OTR \(otrbristol.org.uk\)](#) Email: [hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk)

- **Kooth:** Free, safe and anonymous online support for young people 11-18. Monday – Friday 12pm – 10pm, Saturday – Sunday 6pm – 10pm. On Kooth you can: Chat to our friendly counsellors; Read articles written by young people; Get support from the Kooth community; Write in a daily journal. Website: <https://kooth.com/> [Home - Kooth](#)
- **Childline:** Free counselling via online webchat, and free support/advice available 24/7 via confidential helpline, and emails via the website. Tel: 0800 11 11. Website: [www.childline.org.uk](http://www.childline.org.uk) [Childline | Childline](#)
- **Young Minds** national charity offers confidential online and telephone information and support for anyone worried about the emotional, behaviour, or mental health of a child/young person up to 25 years of age, including ADHD, Autism and Aspergers. **Parents Helpline:** 0808 802 5544 Website: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

**Young Minds Crisis Messenger Service** for free 24/7 support across the UK if you are experiencing a mental health crisis. Text YM to 85258.