

## Who are we?

We are a charity based in Bath that offers information, guidance and counselling to any child or young person aged 10 – 25 living, working or studying in Bath & North East Somerset.

Our services are free, confidential and independent. We offer practical and emotional support and a safe place to talk about any issue big or small.

## You talk. We listen. How we can help you:

You can contact us directly by phone, text, email or by calling into Off the Record in Bath. Our friendly and experienced staff are here to listen, advise and support or answer any questions you may have.

We help with a range of problems from exam stress, anxiety and depression to worries about sexuality, relationships and family breakdown. We can also help if you have experienced bullying, abuse or are self-harming or feeling suicidal.

Whatever your problem, we promise to listen.

## Do you need someone to talk to?

If you are worried about something and want to talk to someone, our Counselling and Listening Support Service will be able to help.

Our workers are trained to listen and provide you with information, advice and support. If needed, you can access our counselling service to help you understand your thoughts and feelings.

## Are you LGBTQ and looking for support?

If you are aged 13 – 21 and Lesbian, Gay, Bisexual, Transgender or questioning your sexuality / gender identity, then come along and join our weekly youth group called SPACE.

This is an open and friendly space to meet other LGBTQ young people and get support around issues such as positive self-identity, homophobic, biphobic or transphobic bullying and safe sex.

You can also access one to one support if you need to talk.

## Do you want to have your say about what happens to you in your life?

Our Shout Out! Advocacy Service is here to support you if you feel you are not being listened to or need help to get your voice heard. One of our Advocacy Workers will listen to you, help you to understand your rights and ensure you have a say in the decisions affecting you. This may include attending a meeting with you or helping you to write a letter.

You can access this service if you are: in care, leaving care, subject to a child protection conference, a young person with a disability or are aged 16/17 and are homeless.

Parents, carers and professionals, if you are worried about a young person, please contact Off the Record to speak with our team, or you can find out more information and download a referral form from our website.



## Do you want your voice heard?

If you want to get involved and help improve services for children and young people, Off the Record can provide you with a range of opportunities; this can be designing, improving or influencing services which you might have used or would like to use.

You can join groups like The Youth Forum, and the In Care Council.

*Get in touch if you have something to say!*

*"Counselling is supporting – it helps and I feel happier knowing I have a session and I look forward to coming and talking about the problems I'm going through. I can cope better in the week."*

**Anna aged 15**

*"Off the Record was there when I needed it most"*

**Toby aged 12**

## Get involved! Fundraise for us

Our incredible Fundraisers make a real difference to the lives of children and young people in Bath & North East Somerset.

## Volunteer with us

Volunteering with Off the Record is a great way to develop your skills, meet new people and improve the lives of local children and young people. Contact us to learn more about our fundraising and volunteering opportunities.

# Get in touch

Remember, all our services are free and confidential. You don't need to talk to your doctor first, or tell anyone if you don't want too. Our friendly team are here to help.

[www.offtherecord-banes.co.uk](http://www.offtherecord-banes.co.uk)

[office@offtherecord-banes.co.uk](mailto:office@offtherecord-banes.co.uk)

T: 01225 312481

M: 07753 891745

Stay in touch; share your experiences,  
opinions and thoughts...



Off the Record Youth



@OTR\_BANES

**Off the Record** relies on donations to maintain our services. To donate, please text OTRB00, followed by the amount you wish to donate, to 70070 e.g. OTRB00 £3

Open House Centre, Manvers  
Street, Bath, BA1 1JW



# You talk. We listen.

*"Off the Record treats you like a human. You're not treated differently, like you have a disease. You're treated like you are the same as anyone else. It's not clinical. It's friendly, open and honest."*

**Becky aged 20**



**off the record**

You talk. We listen support for young people