



*HERE ARE SOME SUGGESTED POSTS TO COPY AND PASTE WHEN SHARING OUR GRAPHICS.  
FEEL FREE TO ADAPT OR PERSONALISE. 🙌*

### **Instagram:**

Hey! Have you heard about @OTRBristol? They've recently expanded to cover North Somerset! They exist to support, promote and defend the mental health, rights and social position of young people. If you live in North Somerset and are 11-18, you can access their groups and projects for free!

You can explore their website to sign-up directly to the project or service you want to try. Head to [otrnorthsomerset.org.uk](http://otrnorthsomerset.org.uk) to find out more.

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### **Facebook:**

Hey! Have you heard about @OTRBristol? They've recently expanded to cover North Somerset! They exist to support, promote and defend the mental health, rights and social position of young people. If you live in North Somerset and are 11-18, you can access their groups and projects for free!

OTR offer a whole range of projects co-designed with young people to suit your needs and interests, as well as 1:1 therapies and online resources. All of OTR's services are delivered by a team of super-friendly staff and volunteers.

You can explore their website to sign-up directly to the project or service you want to try. Head to [otrnorthsomerset.org.uk](http://otrnorthsomerset.org.uk) to find out more.

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### **Twitter:**

Hey! Have you heard about @OTRBristol? They've recently expanded to cover North Somerset. They're a mental health movement by and for young people. If you live in NS and are 11-18, you can access their groups and projects for free!

Find out more: [otrnorthsomerset.org.uk](http://otrnorthsomerset.org.uk) 🙌