

OFF THE RECORD
Chat2US



Free confidential counselling
& informal support for young
people, 11-25 yrs old
www.otrbristol.org.uk

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Off The Record aims to support young people with any issues that concern them. We can offer free confidential one to one Counselling or Informal Support. To chat or make an appointment, you can

Call the help line: 0808 808 9120

Monday 9.30am – 5.00pm
Tuesday 9.30am – 8.00pm
Wednesday 9.30am – 8.00pm

Or drop in:

Monday 11.30am - 5.00pm
Tuesday 11.30am - 5.00pm
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Off the record also offers a C-card service and access to emergency accommodation through Night Stop

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