

What is counselling?

Counselling allows people to talk about concerns at their own pace and supports them to find their own ways of helping themselves.

It is one to one (counsellor and client) and happens in a safe and confidential space.

It is *confidential*: this means that what is talked about with the counsellor will not be discussed with anyone else.

There are two exceptions to this: the first is if the client is at risk of serious harm. Any action taken will be discussed with the client first. The second is supervision which is where the counsellor makes sure that they are doing the best they can for their clients by talking about how they worked with a supervisor.

Who Does It Help?

Talking to someone can help with a wide variety of issues, for example:

- relationships with family or friends;
- self esteem and confidence;
- feeling low and depression;
- stress;
- anger;
- anxiety;
- panic attacks;
- loss;
- bullying;
- eating distress;

- self-harming;
- mental health issues.

How to book an appointment and what happens afterwards?

It is self-referring: this means that clients can call us directly, ask about counselling and make an appointment.

To do this call the helpline or use the drop-in (see panel on left for times, etc.).

Six sessions are offered, each lasting between 50 minutes and 1 hour. They take place each week at the same time.

Clients are asked to let us know if they cannot attend and are given 48 hours to do so after the time of their appointment.

Clients can return after a period of three months if they need further support.

Off The Record counsellors work within the professional guidelines set out by the British Association of Counsellors and Psychotherapists (www.bacp.org.uk).

There is more information about counselling at www.youthaccess.org.uk

How to reach us?

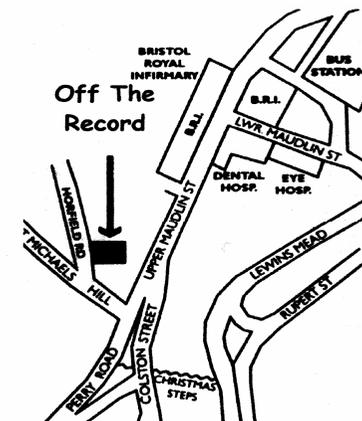
The counselling service and telephone help line opening times are:

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

The freephone helpline is:
0808 808 9120

The drop-in service is open:

Monday	11.30am - 5.00pm
Tuesday	11.30am - 5.00pm
Wednesday	11.30am - 5.00pm



2 Horfield Road
St Michaels Hill
Bristol, BS2 8EA

Office tel: 0117 922 6747
WebSite: otrbristol.org.uk

E-mail: confidential@otrbristol.org.uk

Outreach Counselling

Off the Record now provides counselling in different locations in Bristol. These services operate in the same way as counselling at Off the Record but are accessed differently.

SOUTH BRISTOL

Withywood Community Centre, Queens Road, BS13 8QA.
Tuesday afternoon, 16.00 - 18.00.
To book an appointment or for more information, call or text 07973140718.

EAST BRISTOL

Barton Hill Healthy Living Centre, Beam Street, BS5 9QY.
Tuesday morning, 10.00 - 12.30.
To book an appointment or for more information, call or text 07973140718.

WEST BRISTOL

Lawrence Weston Clinic, Ridingleaze, BS11 0QE.
Tuesday morning, 10.00 - 12.30.
To book an appointment or for more information, call or text 07800640394.

For all of the above, please leave a contact number and we will get back to you asap.

LGBT Counselling

The LGBT service is offered by a lesbian and a gay counsellor and is available to all young people aged 13-25.

OTR offers up to twelve sessions and this service can be accessed via the Helpline or the Drop-in at Off The Record. Please say you want to see an LGBT counsellor.

Off The Record are pleased to be associated with Freedom Youth (www.freedomyouth.co.uk), a youth group for Lesbian, Gay, Bisexual and Trans young people, and those questioning their sexuality aged 13-21 years of age.

Freedom Youth is based in central Bristol and is part of the LGBT young people's project within Bristol Youth and Play Services.

How you can help

If you would like to help us by making a donation, please go to the following website:

<http://www.thebiggive.org.uk/charities.php#charities&k=off%20the%20record&ob=relevance&od=DES>

OFF THE RECORD



Off The Record is a voluntary organisation, committed since 1965 to providing free & confidential counselling and informal support for young people in Bristol.

Registered Charity No: 1085351

