



Extra Addition: Online Mental Health Support with Off the Record Term 1 week 5 2023

Off the Record currently have some spaces for their upcoming Shameless Workshop (starting online on the **4th October**)



- Off the Record work on a self-referral basis and the sign up link is [here](#).
- A short video about the workshop can be watched [here](#)

At Shameless Off the Record look at why we've grown to feel ashamed of our bodies, where expectations of how we should look come from, and how to fight back against these messages.

It is a safe space for sharing experiences with other young people, but you don't have to talk if you don't want to.

During Shameless young people will learn how to protect themselves by:

- Exposing the media
- Challenging our thoughts and behaviours
- Building self-worth

Together they'll find practical ways to grow in confidence, accept their bodies and learn to celebrate who they are.

We can use closed captions and live transcriptions in our online sessions, and we encourage those with hearing impairments to take part

Workshop Overview

Week 1 – Introduction to shameless

Week 2 – Body image, history & negative thinking

Week 3 – Media messages & how to fight back

Week 4 – Food & language

Week 5 – Strengths & self-worth

Week 6 – Reflection

If you have any questions, please contact: kirstin@otrbristol.org.uk



Two new groups are starting soon for ages 15-18 and 11-14

<https://www.otrbristol.org.uk/what-we-do/mind-aid-2/>

Mind Aid for 15-18* – [Sign Up Here](#)

- Wednesdays 4 pm – 5:45 pm, Online
- Starting 4th October for 6 weeks (not in half term)
- This is for young people aged 15-17 and 11 months

Mind Aid for 11-14 – [Sign Up Here](#)

- Mondays 4pm – 5:45 pm, Online
- Starting 2nd October for 6 weeks (not in half term)
- This is for young people aged 11-14

