

Off the Record - Digital Workshops for Young People

Week beginning 15th June, 2020

After the success of its recent round of workshops, **Off the Record** (a local mental health social movement by and for young people) will be delivering its Digital Workshops again (w/c 15th June) and there are still some spaces available for:

- **hARMED**: for anyone struggling with self-harm or thoughts of self-harm. Learn more here <https://www.otrbristol.org.uk/what-we-do/harmed/>

- **Shameless**: for anyone feeling impacted by issues around body image and low self-esteem. Learn more here <https://www.otrbristol.org.uk/what-we-do/shameless/>

If any young person thinks they might benefit/be interested, please forward them the details below as we still have some spaces available.

Off the Record believes that, especially in current times, students might find great benefit from attending this type of provision.

The workshops, all aimed at 11 to 17 years-old, will consist of 1hr and 15min sessions on a digital platform, once a week for six weeks:

1. Young People will be offered to access the workshops via an online platform. Here, they will be able to see and hear the group facilitators and follow the workshops in an interactive way. They will be able to write down comments while being able to see the comments from other group participants.

2. **Young People won't have to show their face or speak anywhere.** They won't have to write anything if they don't want to, and they can even choose their own nickname to use on the platform!

3. Once signed up, one of the facilitators will get in touch to make sure they go through all practicalities beforehand so that Young People will know what to expect and how to best participate from the very first session!

Start dates are all week commencing the 15th of June.

Signing-up is either via the links above or directly here <https://otrbristol.typeform.com/to/XvWn5r>

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