SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH TO FULFIL THEIR POTENTIAL FOR A BRIGHTER FUTURE



WANT TO REFER INTO US? YOU CAN SELF-REFER VIA OUR WEBSITE...



www.otr-south.org.uk

TO JOIN US, SUPPORT US OR CONTACT US...

enquiries@otr-south.org.uk

023 92474 724



Off The Record (OTR)
138 Purbrook Way
Leigh Park
PO9 3SU

A SAFE SPACE TO BE YOURSELF AND MEET OTHER PARENTS AND CARERS IN SIMILAR SITUATIONS



YOU'RE NOT ALONE

We currently run two programmes at a time on Thursdays on a regular basis (subject to demand), providing a safe, therapeutic space with other parents to support and understand each other

UNDERSTAND YOUR YOUNG PERSON

You First teaches you how the teenage brain develops and also the unique challenges our young people face today. You gain insight into how your young person experiences their world.





UNDERSTAND YOU

No You First course is the same because it one is influence by you! You First helps you gain insight and self awareness, which helps to both build confidence and identify areas you may wish to develop and change

YOU FIRST PARENTING INSIGHTS PROGRAMME

WOULD YOU LIKE SUPPORT IN BEING A PARENT TO A TEENAGER IN THE 21ST CENTURY?

Our You First Parenting Insights Programme is free of charge and available to any parents or carers of any young person aged 11-25 in the Havant Borough or East Hampshire Area

WHAT WE DO

We run an 8-week parenting insights programme with a small group of parents/carers with our experienced professionals

HOW WE DO IT

Through two hour interactive and engaging face to face sessions with a small group of other parents/carers

WHY WE DO IT

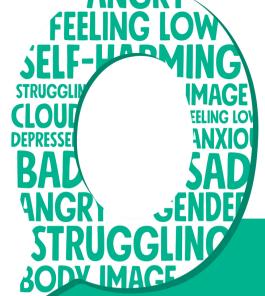
To support and empower parents and carers to be the best support to the young people in their lives.

OFF THE RECORD

WHERE WE DO IT

We currently meet at Leigh Park Community Centre





ABOUT OTR

We opened our doors to young people in 1977 to help support them through difficult periods in their lives; mostly anxiety and family & relationships issues, but also anger, low self-esteem and low mood.

Times have changed and we increasingly see and support young people who self-harm, have suicidal thoughts and have disordered eating patterns. But through counselling and groupwork we help young people progress toward a brighter future.

HOW TO GET INVOLVED WITH YOU FIRST

Self refer through webpage www.otr-south.org.uk or using the QE code below; please select the 'Groupwork' option. Alternatively, please get in contact via email or telephone



WHAT HAVE PREVIOUS ATTENDEES THOUGHT OF OUR YOU FIRST COURSE?

"I KNOW HOW TO PARENT; I
FELT THIS WAS DOTTING THE
I'S AND CROSSING THE T'S BUT
I'VE LEARNT SO MUCH

"THIS COURSE HAS
HELPED ME BE MORE
SELF-AWARE"

"IT HAS DEFINITELY
CALMED THINGS. IT IS A
GREAT COURSE AND I
HIGHLY RECOMMEND IT"

IT'S AN AMAZING
COURSE. I FOUND IT
VERY USEFUL."

OTHER SERVICES FOR PARENTS/CARERS

INDIVIDUAL COUNSELLING FOR PARENTS/CARERS

It's tough watching your young person struggle. At OTR we offer counselling to adults caring for young people to help you support them as well as manage your own anxieties.

FAMILY COUNSELLING

Working alongside a counsellor, families can discuss difficulties and differences within their relationships to improve communication and find a way forward, together



WHAT DO YOU GET FROM ATTENDING THE YOU FIRST PROGRAMME?

- Better understanding of your young person
- Insights, tools and techniques to be able to support your young person and your family.
- Awareness of the unique challenges young people face today.
- Education into teenage brain development
- An improved understanding of yourself.
- Two hours a week of support from experienced professionals for 8 weeks.
- A safe, therapeutic space to share your experiences and gain support from a small group of others who understand.

WHAT DOES THE YOU FIRST PROGRAMME NEED FROM YOU?

- Courses are run subject to demand, so we need you to join our waiting list ASAP.
- A commitment to attend each week the course is running.
- A willingness to both listen and share with others.

otr-south.org.uk