

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

YOU TALK.  
WE'LL LISTEN.

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



[www.otr-south.org.uk](http://www.otr-south.org.uk)

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

[enquiries@otr-south.org.uk](mailto: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 is influenced 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



[otr-south.org.uk](http://otr-south.org.uk)

YOU FIRST  
PARENTING  
INSIGHTS  
PROGRAMME

OTR  
OFF THE RECORD

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

#### WHY WE DO IT

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

#### HOW WE DO IT

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

#### WHERE WE DO IT

We currently meet at Leigh Park Community Centre

ANXIETY  
FEELING LOW  
SELF-HARMING  
STRUGGLING  
CLOUDY  
DEPRESSED  
BAD  
ANGRY  
STRUGGLING  
BODY IMAGE  
IMAGE  
FEELING LOW  
ANXIETY  
SAD  
GENDER

## 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](http://www.otr-south.org.uk) or using the QR 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

IT'S OK NOT TO FEEL OK

## 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.