

NO LIMITS

Helping Young People
Help Themselves

Children's Counselling

A service for children aged 4-10 years old
living in Southampton

No Limits Children's Counselling offers children a confidential safe space to explore areas that may be holding them back.



- A confidential service.
- Up to six counselling sessions. These will be at the same time and same day each week.
- Ideally sessions will be held in the child's school, though there is opportunity to meet in community spaces (where **you** work)
- Simple and effective referrals process – through:
 - SCC Early Help Teams
 - Southampton Healthy Ambition (SHA) Family Navigators
 - CAMHS Single Point of Access

**For further information contact No Limits Counselling admin team:
Call 023 8022 4224, option 3**

**www.nolimitshelp.org.uk
023 8022 4224**

No Limits (south) is a registered charity in England and Wales. No: 1088835