

What people say about Community Navigation

“I was surprised to learn there’s so much in my area”

“The extra help I have received has made the future seem much brighter”

“I’ve been introduced to some great new activities and people. Now if I’m not feeling great, it’s nice to know what I can do to help myself”

**NO
LIMITS**

Helping Young People
Help Themselves

Registered Charity No. 1088835

Community Navigation

Equal Opportunities

All children and young people have an equal right to use our project and an equal right to respect.

Confidentiality

We believe you have a right to privacy so we offer a confidential service.

Everything you tell us can remain confidential. This means we won’t talk about any details you tell us to anyone outside of No Limits unless there is a serious risk of harm to you or another person.

How are we doing?

We want to hear what you think about our service to help us offer the best service possible. Please let us know what we are doing well and how we could improve. You can do this by talking to a worker, visiting our website, writing in our comments book or completing a form.

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Information for young people

Are you aged 13-25 and feeling lonely, isolated or are struggling with your physical or emotional health?

The Community Navigation service can connect you to community services and groups that can help.

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Help Themselves



www.nolimitshelp.org.uk

Tel: 023 8022 4224

What we can help with

Community Navigation is a service for young people ages 13-25, that helps them to live well by connecting them with activities and people in their local communities.

It is non-medical support focused on improving wellbeing for the long term. Many of life's problems can make you feel unwell:

- Isolation and loneliness
- Anxiety, stress and low-mood
- Housing, money and benefit issues
- Work and unemployment
- Cultural barriers
- Lifestyle factors such as diet and exercise

How we can help you

Our Community Navigator can meet with you and take the time to listen and understand your needs. We can then identify and connect you with community organisations and/or professional advice to help you feel better:

- Healthy lifestyle advice and physical activity
- Social groups and peer support
- Housing, welfare benefits, financial support and advice
- Employment, training and volunteering

This is more than just a signposting service and our support doesn't stop here. We will check in with you, see how you are feeling and make sure you are still receiving the support you need.

Referring into and accessing the support you need can sometimes feel confusing and time consuming. A Community Navigator can make arrangements on your behalf as needed, filling in forms and following up.



If you are ages 13-25 and living in Southampton:

You can access the service directly following a phone assessment by our team to check it is the right option for you. You may also be referred by your GP, school or other support services across Southampton.

Once referred, a Community Navigator will meet with you to assess your practical, social and emotional needs. From there, the navigator will work with you to agree a wellbeing plan focusing on your priorities and suggest activities and support to help you to be more in control of your health and get your wellbeing back on track.

To find out more and to make a referral:

Phone:

02380 224224

Email:

communitynavigation@nolimitshelp.org.uk

