

Drop in to our Advice Centre, call or visit our website to speak to one of our friendly youth workers



No Limits
13 High Street
Southampton
SO14 2DF



At your school or college:

Come and see us at one of our Health and Wellbeing drop-ins at your school or college. See our website for details
www.nolimitshelp.org.uk/school-and-college-drop-ins



023 8022 4224



advice@nolimitshelp.org.uk



www.nolimitshelp.org.uk



www.facebook.com/nolimitshelp



[@nolimitshelp](https://twitter.com/nolimitshelp)

Support us

Your help and support can change the life of a young person and give them a brighter future.

For information on how you can get involved, including how to make a donation...

Call: 02380 224224

Counselling

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

**NO
LiMiTs**
Helping Young People
Help Themselves

Registered Charity No. 1088835

How you can get help with...

Counselling

A free and confidential service for children and young people under 26 years old living in and around Southampton

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Help Themselves

www.nolimitshelp.org.uk

Tel: 023 8022 4224

What is counselling?

Counselling is an opportunity to talk to someone in confidence, about anything that is worrying you. This could be about home life, school, college, relationships or just about how you are feeling about yourself.

It is for when you have things going on in your life that you find hard to talk about with people who are close to you.

Counselling is an appointment with the same counsellor every week for up to six weeks. Your counsellor will listen to you and help you explore how you are feeling.

Our trained counsellors are friendly and welcoming and won't make judgements about you or your problems. Your counsellor will never tell you what to do.

We will listen to you and ask you for feedback on how we are helping you, giving you the opportunity to tell us if we aren't getting it right.

We want to make sure our counselling service offers you help in the best way possible. If you want to change your counsellor for any reason, please tell us.

"If I hadn't come to you I don't know where I would be now. I feel I have become a stronger person and you have really listened to me. I have a lot to thank you for."

How to get counselling at No Limits:

If you think counselling may help you, please get in touch.

Call us, email us, drop in to our advice centre, or visit us at one of our Health and Wellbeing drop-ins at your school or college.

We will take some details from you and then arrange a 'Counselling Assessment.'

We aim to arrange your Counselling Assessment within 2 weeks.

Your Counselling Assessment will be with one of our trained counsellors and is a chance for you to tell us about why you need counselling.

We will listen to you and talk with you about our counselling service so you can decide if it would help you.

We can also tell you about other services that might be able to help you.



We are here to help you:

At No Limits we are all about helping young people to help themselves.

We offer free and confidential counselling about any problem that might be worrying you, such as:

- Feeling low or depressed
- Sexuality
- Relationships with friends/family
- Problems with drugs or alcohol
- Abuse
- Bereavement
- Difficulties at school/work/home
- Feeling stressed or anxious
- Making a difficult decision
- Self-harm
- Debt worries
- Anger management
- Loneliness or feeling isolated

As well as Counselling we also offer:

- Free condoms, pregnancy testing and Chlamydia screening
- Help with housing and homelessness
- Free use of a phone and computers with internet access
- Help with benefits and filling in forms
- Use of a shower and washing machine if you are homeless
- Help with looking for work

And much, much more...