

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](http://www.nolimitshelp.org.uk/school-and-college-drop-ins)

023 8022 4224

[advice@nolimitshelp.org.uk](mailto:advice@nolimitshelp.org.uk)

[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)

[www.facebook.com/nolimitshelp](http://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

Visit: <https://nolimitshelp.org.uk/get-involved/>

Or send a cheque to our registered office

# DASH

### 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

# DASH

Drug Alcohol Support and Health

## How you can get help with...

## Drug and Alcohol use

A service for young people under 25 years old living in Southampton who are concerned about their own or someone else's drug or alcohol use.

# NO LIMITS

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Help Themselves

[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)

Tel: 023 8022 4224

## What are DASH Workers?

DASH Workers are specialist one to one support workers who can offer support with drug and alcohol use. They can work with you at home, in the community or in our Drop-in Centre.

Our DASH Support Workers are friendly, easy to talk to and can support you with:

- A confidential service where you can discuss your concerns around your own or someone else's substance use
- Information and advice regarding different substances and their effects and risks
- Confidential needle exchange
- Support with setting and achieving goals around substance use and health and wellbeing
- Access to support groups, counselling and activities to help you make positive changes
- Links with family and other services
- Support with other areas of your life including housing and employment

“DASH workers will take the time to really listen to you. They don't tell you what to do, but help you set your own goals”

Are you concerned about your drug or alcohol use? Do the CRAFFT assessment by answering the questions below to see if you are at risk.

- C** - Have you ever ridden in a **CAR** driven by someone (including yourself) who was "high" or had been using alcohol or drugs?
- R** - Do you ever use alcohol or drugs to **RELAX**, feel better about yourself, or fit in?
- A** - Do you ever use alcohol/drugs while you are by yourself, **ALONE**?
- F** - Do you ever **FORGET** things you did while using alcohol or drugs?
- F** - Do your family or **FRIENDS** ever tell you that you should cut down on your drinking or drug use?
- T** - Have you ever got into **TROUBLE** while you were using alcohol or drugs?

If you answered yes to two or more questions let us know, we're here to help.



## Support for parents and Carers

If you are worried about a young person's substance use you can contact DASH for information, advice and support.

## We are here to help you:

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

As well as our DASH Service, we also offer a variety of other services in the No Limits advice centre and in schools and colleges:

- 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 drug and alcohol problems
- Help with looking for work
- Counselling – one to one counselling where you can talk in confidence
- Money Advice – help with money, benefits and dealing with debts
- Therapeutic groups: Anger Management, Anxiety.
- Southampton Healthy Ambition, supporting children and young people to reach their potential in education

**And much, much more...**

Check out our website for more information or drop-in (no appointment needed) to see how we could help you.

[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)