

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

No Limits Xtra Service

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

No Limits Xtra

How you can get help with...

Getting your life on track

**NO
LiMiTs**
Helping Young People
Help Themselves

www.nolimitshelp.org.uk

Tel: 023 8022 4224

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

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

What is No Limits Xtra?

No Limits Xtra can help you with anything that is holding you back or that you would like support with.

You will be allocated a worker who will meet you regularly at our drop-in centre. They can help you to identify what you need support with, and together can make a plan to achieve this.

What can we do to help you?

- Support you to deal with your money, relationships and your own wellbeing.
- Check you're getting all the benefits you're entitled to and help you to claim them.
- Speak to other agencies on your behalf.
- Provide access to other services that will be able to help you.
- Help you to fill in forms, and look at education and employment opportunities.
- Support you with family issues such as ex-partners, children and parents.
- Help you to find ways to cope with challenges in your life.
- Support you to stay safe in your relationships and your community.

Is No Limits Xtra for me?

- Drop in to our No Limits Advice Centre
 - Call us on: **023 8022 4224**
 - Email us on:
advice@nolimitshelp.org.uk



“No Limits has helped me out when I was in loads of problems with my debts and when I was also running low of food and essentials.”

“I had so many problems with my ex. I was drinking too much alcohol and in trouble with the police. My No Limits Xtra worker helped me sort it all out.”

We are here to help you:

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

As well as our No Limits Xtra 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