

Phone or drop-in and speak to a youth worker at our friendly No Limits Centre:



No Limits  
13 High Street  
Southampton  
SO14 2DF

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**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)

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**Call us:**

023 8022 4224

**Email us:**

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

**Visit our website:**

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

**Useful Contact numbers:**

**Social Services (outside of normal office hours):** 02380 833336

**Samaritans:** Free phone 116 123

**Parentline:** 0808 800 2222

**Child line:** 0800 1111

**NHS direct:** 111 – non emergency helpline

**SANE mental health help line:** 0300 304 7000

## PMHW

### 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

No Limits is a registered Charity in England and Wales No. 1088835

## Primary Mental Health Worker (PMHW)

A service for young people aged 11-18 experiencing mental health difficulties who may not meet CAMHS criteria

**NO  
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Help Themselves

Solent **NHS**  
NHS Trust  
**CAMHS**

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

Tel: 023 8022 4224

## What is a Primary Mental Health Worker?

We work with anyone aged 11-18 that is experiencing mental health difficulties but may not meet CAMHS criteria.

Working either on a short term or long term basis to benefit young people around their struggles.

This could include things like:

- Anxiety
- Self-harm
- Suicidal thoughts (without attempting or making plans to commit suicide)
- Low moods
- Consistently angry
- Withdrawn from others
- Self Esteem / Body Image/ Self Worth
- Bullying
- Help to minimise the impact of negative life experiences
- Bereavement/Loss

You can see your PMHW in school, at home, or a safe location in the community. Each appointment will last an hour and will be with the same worker either weekly or fortnightly.

## How to refer

If you would like to find out more or to be referred to a Primary Mental Health worker:

- Speak to your No Limits worker
- Speak to a CAMHS Duty worker
- Come to our No Limits Advice Centre
- Visit our website:  
[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)
- Call or email us (see over for details)



## Ways our work is delivered

There are many different ways in which we can provide support, these include:

- Solution focused intervention
- Guided self help
- Group Work
- One to one

## We are here to help you:

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

We also offer a variety of other services at our No Limits Advice Centre and in Southampton 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, education and training
- Counselling - one to one, online, telephone and group counselling where you can talk in confidence
- Money Advice - help with money, benefits and dealing with debts
- Community Support - help to maintain your tenancy
- Anger Management
- Southampton Healthy Ambition - offering support to help young people reach their potential in education.

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

Check out our website for more information or come into our Advice Centre (no appointment needed) to see how we could help you.

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