

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

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

Safe House

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

**SAFE
HOUSE**

A YOUTH GROUP FOR YOUNG

PEOPLE AGED 16 TO 25

WHO NEED EXTRA SUPPORT

**NO
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Helping Young People
Help Themselves

www.nolimitshelp.org.uk

Tel: 023 8022 4224

WHO ARE WE?

Safe House is a youth group for 18 to 25 year olds. We offer weekly sessions that are fun and full of activities. These group sessions give you the opportunity to meet and make friends with other young people in a similar situation to yourself.



WHEN?

**Tuesday's
5:30pm to 7:30pm**
Food provided, venue centrally located.

WHY COME TO SAFE HOUSE?

Come along to Safe House to get support, meet friends and try out new activities. Maybe you feel different from other people, lonely or misunderstood. Our staff are here to listen, whatever is worrying you, and help you to cope with stress, anxiety, depression, self-harming or anything else you may need help with.



WHAT IS THERE TO DO?

- A chance to relax, laugh and have fun!
- Games
- Arts, crafts & workshops
- Music
- Magazines
- Cooking & refreshments
- Trips out

HOW TO JOIN US?

We prefer that you come to our No Limits advice centre to be referred to Safe House.

You can also phone, email or contact us through the No Limits website on www.nolimitshelp.org.uk

If you like what you hear we'll get you started at the group soon after.