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.
Teen Safe House is a youth group for 13 to 19 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.

Come along to Teen 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

**WHEN?**
Wednesday
5:30pm to 7:30pm
Food provided, venue centrally located.

**HOW TO JOIN US?**
You can phone or contact us through the No Limits website on www.nolimitshelp.org.uk
Or you could come into our Advice Centre and speak to a worker to find out more about Teen Safe House.
If you like what you hear we’ll get you started at the group soon after.