

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)

**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 Number 1088835

**DASH**

**Drug Alcohol Support and Health**

**COSMO**

**A support group for  
young people  
aged 11-18 who are  
affected by others  
substance use**

**NO  
LiMiTs**

**Helping Young People  
Help Themselves**

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

## WHO ARE WE?

### **COSMO**

is a specialist support group for 11-18 year olds who are affected by the substance use of their friends or relatives.



## WHEN?

Groups run during school holidays, we meet at an agreed time and place.

## WHY COME TO COSMO?

COSMO provides a safe space where young people can talk about their experiences, relax, have fun, make friends and get active, whilst having the support of our trained health and wellbeing workers.



## WHAT DO WE OFFER?

- A confidential and non-judgemental environment
- Professional information and support
- Peer support
- Fun activities, such as bowling, ice skating etc...

## HOW TO JOIN US?

You can self refer or make a referral on behalf of someone else.

Call us: 023 8022 4224

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

**All young people will need to be referred prior to attending a session.**