

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

Teen 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

**TEEN
SAFE
HOUSE**

Children Young People Now
Awards 2012
Finalist

A YOUTH GROUP FOR YOUNG
PEOPLE AGED 13-19
WHO NEED EXTRA SUPPORT

**NO
LIMITS**
Helping Young People
Help Themselves

www.nolimitshelp.org.uk

Tel: 023 8022 4224

WHO ARE WE?

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.



WHEN?

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

WHY COME TO TEEN SAFE HOUSE?

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

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.