

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



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

Call us:

023 8022 4224

Email us:

advice@nolimitshelp.org.uk

Visit our website:

www.nolimitshelp.org.uk

Group Support

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 feedback form.

**NO
LiMiTs**

Helping Young People
Help Themselves

Registered Charity No. 1088835

Group Support

Therapeutic groups aimed at improving young people's mental health and wellbeing.

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www.nolimitshelp.org.uk

Tel: 023 8022 4224

What is group support?

We aim to run a number of different support and therapeutic groups at No Limits. These are designed to help young people in a group atmosphere where they feel supported and can benefit from being with other young people. They will gain practical support whilst also being emotionally supported by a qualified therapist or counsellor during the sessions.

Who can attend?

Our groups are designed to support young people aged 11 to 25. We usually hold two separate sessions per support group for different age ranges depending on the subject matter. The next section in this leaflet will show each group and their individual age range.

Who can refer and how?

A young person can refer themselves to the groups, or an adult (parent/carer/teacher/social worker etc...) can do so on their behalf.

To refer, please call, email or visit No Limits and ask them to complete a referral for the relevant group/s.

Available Groups

- **Emotional Resilience**

A free 8 week group that runs with a weeks break in the middle, split into groups for over and under 17 years old. This group covers understanding and identifying emotions, the physical effects of anger and anxiety, triggers, self-awareness and self-esteem. The second half of this group allows young people to choose a little more of what they want to cover so that the programme can adapt to fit the needs of those attending. This is a closed group and attendance is expected at all 8 sessions.

You must be referred to join Emotional Resilience. To do this, all you have to do is speak to a No Limits worker and they will fill in a referral form for you. Once this is done, you'll hear from a Women's Group worker who will tell you the date for the next session.

- **Women's Group**

Women's group is a closed group that runs on a Tuesday evening at the Advice Centre for anyone who identifies as female and is aged 18-25. The group is very much flexible according to the wants and needs of those attending but you can expect sessions around self-care and pampering, cooking on a budget, self-esteem, meeting inspirational women, healthy relationships, crafting, healthy lifestyles and more.

You must be referred to join Women's Group. To do this, all you have to do is speak to a No Limits worker and they will fill in a referral form for you. Once this is done, you'll hear from a Women's Group worker who will tell you the date for the next session.

Dates and info

Dates and details for referrals can be found on the Support Groups section of our website, along with details of other types of support that No Limits can offer.

We can also provide counselling on a one to one basis, however this is referred into and assessed separately. You can do this by contacting the counselling admin team on 02380224224 or speaking to a member of staff at the advice center.

Have your say

We're always looking to ensure our groups are meeting the needs of young people and have been considering the possibility of a women's group and a loss and bereavement group, If either of these groups are something you would be interested in, or if you have ideas of other groups you would like to see please get in contact and let us know! You can call us on 02380224224 or get in contact via our website www.nolimitshelp.org.uk