

How can I talk to a counsellor?

You can ask a family member, carer, teacher or other professional person to get in touch with us for more information.

Referrals are only accepted from Southampton based GP's or the Solent NHS School Nursing team and they can contact us for the referral form and information.

Our contact details are:



enquiries@nolimitshelp.org.uk



023 8022 4224



www.nolimitshelp.org.uk



Search: nolimitshelp



No Limits, 35 The Avenue, Southampton
SO17 1XN

NO LiMiTs

Helping Young People
Help Themselves

Equal Opportunities

All children and young people have an equal right to use our service and an equal right to respect.

Consent and Confidentiality

The No Limits service is confidential. This means that everything you tell us will remain confidential, unless there is a serious risk of harm to you, or another person.

We will work with family and professionals to ensure everyone understands this.

If we do need to share information we will explain why, when and how this will happen.

We will seek consent to work with children and young people under the age of 13.

How are we doing?

We want to hear what you think so we can give you the best service possible. Please let us know what we are doing well and how we could improve. You will be asked to give feedback by your worker, please take the opportunity to do so.

NO LiMiTs

Helping Young People
Help Themselves

Free, confidential counselling for 4-10 year olds living in Southampton

What is counselling?
Why might I need it?
How can it help me?

www.nolimitshelp.org.uk

023 8022 4224

What is Counselling?

Counselling gives you the chance to talk to someone about things that may be worrying you.

It's good to talk to friends and family about how you feel, although sometimes it is easier and better to talk to someone who doesn't know you or your family.

A counsellor is a trained person who will listen to you, they will never tell you what to do but they will teach you ways to cope with how you are feeling so that you can help yourself.



Why do children my age need counselling?

We all have different feelings every day, these can be happy or sad feelings but usually they go away on their own.

Sometimes these feelings can be strong and last a long time.

These can be things like:

- Feeling angry
- Being bullied
- Problems at home or at school
- Feeling lonely
- Losing someone you love
- Feeling worried
- Problems with friends

These feelings can sometimes stop us from doing things.

What happens in counselling?

Your counsellor will meet with you in your school, at one of our No Limits locations or online via ZOOM either in school or at home.

You will meet with your counsellor for each 50 minute session at the same time and place every week for up to six sessions.

Some children like to play with toys, sand or draw when talking to their counsellor, this sometimes helps them to show how they are feeling, others prefer just to talk, what you do is up to you.



Your counsellor will listen and never judge you, they will help you to find ways that make you feel better.

“
Counselling has given me the chance to talk about my worries
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