

No Limits Services to Schools and Colleges

This list is not exhaustive and costs are provided for illustration purposes. Actual costs will depend on your needs and we'd encourage you to contact us to discuss.

Services for Young People

All our services to young people are delivered by experienced and qualified counsellors and youth workers. Larger group sessions, including assemblies, can also be provided.

Service	Session Length	Guide cost per session (no VAT)			Min. sessions	More information
		Up to 6 sessions	7-24 sessions	25-36 sessions		
In-School Information, Advice and Support Drop-in Service	1-hour	£145	£135	£120	4	Delivered by specialist Youth Workers.
	2-hours	£220	£200	£185	4	
Bespoke / Topic specific specialist Youth Work education and support sessions <i>Groups of up to 12 or 1-1</i>	1.5 hours	£250	Contact us to discuss your needs		4	Tailored specialist support to meet your needs. Larger groups may incur additional cost.
	half day	£400			2	
	full day	£650			2	
PSHE and information sessions <i>Groups of up to 12</i>	2-hours	£220	£200	£185	4	Covering a variety of PSHE topics for young people. Larger groups and assemblies at additional cost.
	half day	£330	£300	£275	2	
	full day	£450	£410	£380	1	
1-1 or Group Mental Health Trained Youth Worker <i>1-1 or groups of up to 6</i>	half day	£240	£230	£220	6	Youth Worker support; generalist or subject matter support in mental health
	full day	£345	£330	£315	6	
1-1 Counselling - typically up to 3-clients - typically up to 5-clients	half day	£275	£260	£245	6	A qualified counsellor delivering 1-1 therapy on-site.
	full day	£360	£345	£330	6	

Services for staff and your school / college

Services are typically offered on an on-site basis unless otherwise stated. Many of these services can be offered at a discounted price for online support, please get in touch for more details.

Service	Session Length	Guide cost per session (no VAT)			Min. sessions	More information
		Up to 4 sessions	5-9 sessions	10+ sessions		
Inset training and development sessions	half day	£530	Contact us to discuss your needs		1	Training on a variety of topics relevant to children and young people
	full day	£795			1	
Parent and Carer Webinars - online up to 25 parents - up to 25 parents or 2x 1 hour sessions	1-hour	£220	£200	£185	1	Online focused sessions with Q&A for parents and carers on topics relevant to children and young people.
	2-hours	£295	£275	£250	1	
Clinical / safeguarding supervision - up to 4 staff - up to 6 staff - up to 10 staff	2-hours	£350	£335	£320	2	Delivered by a qualified clinical supervisor and experienced counsellor. Group supervision can also be delivered in the session up to 4-people per group
	half day	£435	£420	£405	2	
	full day	£560	£540	£520	2	
Workforce wellbeing sessions - up to 4 staff - up to 8 staff	2-hours	£315	£305	£295	1	Delivered by a qualified counsellor / clinical supervisor. Delivered as 1-1 or group
	half day	£395	£380	£370	1	
1-1 Counselling - based at the Avenue, Southampton	1-hour	-	£80	£75	6	Adult counselling with a qualified counsellor
Leadership Coaching / Mentoring	1.5-hours	£220	£200	£185	3	Supporting the growth and development of leaders
Consulting - Safeguarding, HR, Finance, Leadership	as needed	Contact us to discuss your needs				We have qualified specialists who can discuss your needs

No VAT is charged.

No Limits
35 The Avenue, Southampton, SO17
1XN
02380 224224



@nolimitshelp