



Safe Haven Southampton

**NO
LiMiTS**
Helping Young People
Help Themselves

Our Safe Haven team run out-of-hours open-access, group and one-to-one crisis support for young people aged 11-25 experiencing difficulties with their mental health.



Wellbeing Sessions

Informal sessions for ages 11-17 where our team can help you to improve your wellbeing through games, crafts and other activities.

Monday
3:30 - 4:30pm

Friday
3:30 - 4:30pm

How to join
Refer through our website



Open-Access Sessions

Get support if you are in crisis with your mental health and speak to a trained youth worker without needing to make an appointment.

Monday
4:30 - 5:30pm

Friday
4:30 - 5:30pm

How to join
No referral needed



One-to-one Sessions

Talk to a youth worker about your mental health and wellbeing privately in-person, online or over the phone, in up to four sessions.

Monday
5:45 - 7:15pm

Wednesday
4:30 - 6:15pm

Friday
5:45 - 7:15pm

How to book
Refer through our website

All sessions take place at our Avenue Hub:
35 The Avenue, Southampton, SO17 1XN



Find out
more

Refer for wellbeing
and one-to-one
sessions

