



Free, face-to-face support with no waiting list

Non-judgmental support at No Limits Advice Centre for 11-25 year olds on issues including:

Mental health | Family & relationships | Housing
Money | Education & work | Physical & sexual health

Opening times

Mon 10am - 5pm

Tue 10am - 5pm

Wed 1:30 - 8pm

Thu 10am - 8pm

Fri 10am - 5pm

Sat 10am - 1:30pm

Address

13 High Street

Southampton

SO14 2DF



Scan the QR code or find out more on our website



nolimitshelp.org.uk/advice-centre