

# Hampshire 16-25 Mental Health Transitions

**NO  
LiMiTS**  
Helping Young People  
Help Themselves

Mental health support for young people aged 16-25 across Hampshire around the transitions that happen in their lives.

Support will be tailored to your individual needs and could include:



One-to-one  
support



Signposting



Referrals



Support to access  
other services




Advice and  
support for adults



Find out more  
and get support

02380 224 224  
[nolimitshelp.org.uk](http://nolimitshelp.org.uk)

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