

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

Funded by



Hampshire and Isle of Wight

Getting support from our 16-25 Mental Health Transitions team

To get support from our 16-25 Mental Health Transitions team, fill in one of our referral forms at nolimitshelp.org.uk/get-support

Further support

Our Advice & Wellbeing Hub has lots of ways for you to get support from No Limits, including our Advice Centre on Southampton High Street, talking to youth workers over the phone and on webchat, and getting information and advice from our collection of online self-help resources.



16-25 Mental
Health
Transitions



Advice &
Wellbeing Hub



Refer



@nolimitshelp

nolimitshelp.org.uk

02380 224 224

enquiries@nolimitshelp.org.uk