

# Detached Team

**NO  
LIMITS**  
Helping Young People  
Help Themselves

Our detached youth workers are out in the Southampton community five days a week

The detached team bring No Limits' support to young people across the city, meeting them in places they already go to, meaning they don't have to go to one of our drop-ins to speak to a youth worker.



They are there to talk to young people about things that are going on in their lives, including substance use, mental health, loneliness, sexual health, relationships, housing and money.

The team are out in Southampton on Monday - Friday afternoons and occasional evenings. Locations include the city centre, Portswood, Shirley and St Mary's.

# Get in touch with the detached team

Leave a message and our team will get back to you:

**Ayushi:** [ayushi.joshi@nolimitshelp.org.uk](mailto:ayushi.joshi@nolimitshelp.org.uk) / 07435 940 613

**Gerson:** [gerson.vaz@nolimitshelp.org.uk](mailto:gerson.vaz@nolimitshelp.org.uk) / 07881 611 638

**Sal:** [salman.ali@nolimitshelp.org.uk](mailto:salman.ali@nolimitshelp.org.uk) / 07918 276 209

## DASH

No Limits' DASH service is for young people under 25 living in Southampton who want support with their substance use.

DASH workers are specialist youth workers who can offer you support with drug and alcohol use. They can work with you at home, in the community or at No Limits.



DASH



Advice Centre



No Limits



@nolimitshelp

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

02380 224 224

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