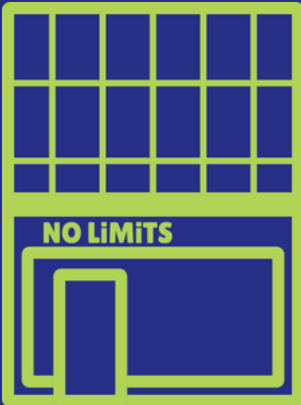


Advice Centre

**NO
LiMiTS**
Helping Young People
Help Themselves

Free, confidential support for young people under 26, with no appointments needed

Our Advice Centre on Southampton High Street is a safe space for all young people to get support from trained youth workers on a wide range of issues. Here, you can get help with multiple things at once, all in one place.



Topics we can support you with include:

- Mental health and wellbeing
- Housing and homelessness
- Relationships and domestic abuse
- Substance use
- Education, employment & training
- Sexual health
- Financial advice
- Offending and legal issues

There are also lots of facilities available for you to use if needed, including a shower, washing machine and tumble dryer, phone chargers and computers for internet access.

Advice Centre opening times and address

Monday 10am - 5pm

Thursday 10am - 8pm

Tuesday 10am - 5pm

Friday 10am - 5pm

Wednesday 1:30 - 8pm

Saturday 10am - 1:30pm

13 High Street, Southampton, SO14 2DF

Further support

Our Advice & Wellbeing Hub includes phone and web chat support, and school and college drop-ins.

If you know what you want support with but aren't sure where to go, or you need support with one of our services that requires a referral, fill in a referral form on our website.



More about our
Advice Centre



Advice &
Wellbeing Hub



Fill in a referral
form



@nolimitshelp

nolimitshelp.org.uk

02380 224 224

enquiries@nolimitshelp.org.uk

02/26

