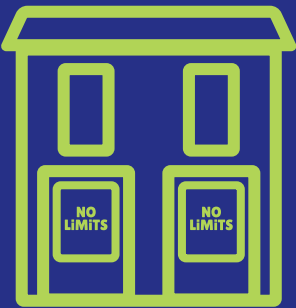


Avenue drop-in

**NO
LiMiTS**
Helping Young People
Help Themselves

A safe space for young people aged 11-17 to get support from trained youth workers, without needing an appointment.

The drop-in at our Avenue Hub in Southampton has been designed specially as a space for 11-17 year olds to talk to youth workers and get advice and information on a wide range of issues affecting their lives.



Things our youth workers can support with include:

- Anxiety
- Feeling low
- Bullying
- Confidence & self-esteem
- Relationship advice
- Problems with school

Our Avenue drop-in is open three days a week after school hours. You don't need to let us know you're coming, just turn up and you can bring any family or friends with you if you'd like to.

Opening times and address

Tuesday 3-6pm Wednesday 3-6pm Thursday 3-6pm
35 The Avenue, Southampton, SO17 1XN

Parking and travel

There is a limited amount of parking available on site. Scan the 'Avenue Drop-in' QR code to see more travel details.

Further support

Our Advice & Wellbeing Hub has lots more ways to get support, including over the phone, email, webchat and self-help resources.

Safe Haven Southampton, our out-of-hours support for young people aged 11-25 also takes place at our Avenue Hub, on Mondays and Fridays.



Avenue Drop-in



Advice &
Wellbeing Hub



Safe Haven
Southampton



@nolimitshelp

nolimitshelp.org.uk

02380 224 224

enquiries@nolimitshelp.org.uk

05/25

