

DASH

**NO
LIMITS**
Helping Young People
Help Themselves

For young people under 25 living in Southampton who want support with their usage or are affected by the use of friends or family members



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 our Advice Centre.

Our DASH workers can support you with:

- Confidential one-to-one or group support
- Getting information and advice about different substances, their effects and risks
- Accessing confidential needle exchange
- Setting and achieving goals around substance use, health and wellbeing
- Accessing other No Limits services
- Improving other areas of your life including housing and employment

Are you concerned about your drug or alcohol use?

The following questions might help you think about if drugs or alcohol are a concern for you:

- Do you drink/use substances to avoid problems or emotions?
- Do you ever try to cut down or stop and find that you can't?
- Do you avoid being honest with others about your drinking/drug use?
- Does your use get in the way of school, college or work?
- Do you find it hard to stop drinking/using once you've started?
- Do you get anxious at the thought of running out of drugs or alcohol?

If you want to explore this further, please get in touch with our team.

Get in touch



No Limits Advice Centre, 13 High Street,
Southampton, SO14 2DF



02380 224 224 (option 2)



Refer online at
nolimitshelp.org.uk/get-support



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and refer to
DASH



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nolimitshelp.org.uk

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