

Supporting young people in hospital

**NO
LIMITS**
Helping Young People
Help Themselves

No Limits youth workers support young people aged 11-25 who have come to the ED or been admitted to hospital in Poole and Bournemouth



We offer a free, confidential service to support young people whilst in hospital and are here to listen, encourage and help connect you to specialist support.

We can also help with setting goals and work on personal growth to achieve positive life changes.

To see a No Limits youth worker, please speak to a member of hospital staff. If we aren't around, you can ask for a referral to be made on your behalf.



University Hospitals Dorset
NHS Foundation Trust

Some things we can help you with are:



Connecting you to
community and statutory
services



Support around mental
health, self-harm and
emotional resilience



Supporting victims of crime
and abuse



Supporting those involved
in violence and offending



Drugs &
alcohol



Education &
employment



Housing &
homelessness



LGBTQ+
support



Counselling



Money, budgeting
& debt



Sexual health &
relationships



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07/25

We want
your feedback:

