

# Supporting young people in hospital

**NO  
LiMiTS**  
Helping Young People  
Help Themselves

## Who we are

No Limits has a team of trained youth workers who are committed to supporting and empowering young people. We offer a free, confidential service to support young people aged 11-25 who have come into ED and are here to listen and to help you access support and achieve positive life changes.

## Some of the things we can help 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

## 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.

