

Emotional Resilience

**NO
LiMiTS**
Helping Young People
Help Themselves

A group for 11-25 year olds in Southampton who would like support to understand and identify their emotions

Our Emotional Resilience group is a nine week long course of sessions which aim to help you understand and identify emotions, your responses to stress and the physical effects of emotions, negative thinking, triggers, self-esteem and self-compassion.



The group is a safe space to meet people with similar feelings and experiences.

Emotional Resilience can be flexible to ensure that we are meeting the support needs of those attending.

How to join Emotional Resilience

Emotional Resilience runs weekly at our Advice Centre on Southampton High Street.

To join the group, fill in a referral form on our website at nolimitshelp.org.uk/get-support.

Further support

Open six days a week including two evenings, you can drop in to our Advice Centre without having to make an appointment and speak to one of our youth workers about any issue you have.



Advice Centre



Emotional Resilience and other groups



Refer



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