

Employment Support

**NO
LIMITS**
Helping Young People
Help Themselves

For young people aged 16-25 who are motivated to find a job and are already accessing No Limits to support their mental health



At No Limits we are passionate about helping young people build brighter futures. Through the Individual Placement Support (IPS) programme, we offer dedicated, one-to-one employment support to find paid, meaningful work that suits your strengths, interests and wellbeing.

Here's what you can expect:

- One-to-one support that's tailored to you
- Explore your interests and find a career path that fits
- Mental health support at every stage of your journey
- Step-by-step support from job searching, CV, applications and interview support
- Continued in-work support for both you and your employer, to help you settle in and stay on track.

Benefits

- Increases your chances of finding paid work that fits with your goals and needs
- Getting the right job with the right support can make a big difference in improving your mental health and wellbeing

Who can access IPS?

- Motivated to start or return to work
- Have a mental health need
- Already accessing No Limits to support your mental health
- Open and willing to engage with support
- Able to attend regular appointments and commit to the programme
- Living in or around Southampton

How do I access IPS?

- Talk to a No Limits youth worker and ask them to refer you
- Refer yourself through our website



@nolimitshelp

nolimitshelp.org.uk

02380 224 224

enquiries@nolimitshelp.org.uk

10/25



Find out more



Refer