

Safe Haven Southampton

**NO
LiMiTS**
Helping Young People
Help Themselves

**Open-access crisis support for young people
aged 11-25 experiencing difficulties with their
mental health**

Safe Haven Southampton offers young people a safe space to talk to trained youth workers about how they're feeling and what they're going through.



Our youth workers are available to support with anything that might be affecting your mental health or wellbeing such as managing self-harm or suicidal thoughts, low mood and self-esteem, anxiety or simply needing help in accessing further support.

You don't need to book, refer or let us know you are coming. Just attend one of our locations during our hours and ask to speak to a Safe Haven youth worker.

Safe Haven Southampton details

Ages 11-17

Tuesday 3:00 - 6:00pm

Wednesday 3:00 - 6:00pm

Thursday 3:00 - 6:00pm

Location

35 The Avenue
Southampton
SO17 1XN

Ages 11-25

Wednesday 3:00 - 6:30pm

Thursday 3:00 - 6:30pm

Location

No Limits Advice Centre
13 High Street
Southampton
SO14 2DF

If you are unable to get to either location but would still like to speak to a Safe Haven youth worker, complete a referral form and one of the team will be in touch within seven days.



More about our
Safe Haven



More mental
health support



Scan here to refer
online



@nolimitshelp

nolimitshelp.org.uk

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