

Safe Haven Southampton

**NO
LIMITS**
Helping Young People
Help Themselves

Out-of-hours open-access, group and one-to-one 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 or refer to attend an open-access session. If you'd like to talk to a youth worker privately, we can offer up to four pre-booked one-to-one sessions.

11-17 year olds can also refer in to our Wellbeing Sessions where we can help you to improve your wellbeing through games, crafts and other activities.

Safe Haven Southampton details

Wellbeing Sessions

Ages 11-17:

Monday
3:30 - 4:30pm

Friday
3:30 - 4:30pm

Open-access

Monday
4:30 - 5:30pm

Friday
4:30 - 5:30pm

*No referral needed
to attend*

One-to-ones

Monday
5:45 - 7:15pm

Wednesday
4:30 - 6:15pm

Friday
5:45 - 7:15pm

To attend a wellbeing session or book a one-to-one, refer online at nolimitshelp.org.uk/get-support, or scan the QR code below.

All sessions take place at our Avenue Hub:
35 The Avenue, Southampton, SO17 1XN



More about our
Safe Haven



More mental
health support



Scan here to refer
online



@nolimitshelp

nolimitshelp.org.uk

02380 224 224

enquiries@nolimitshelp.org.uk

11/25

