

School and college drop-in sessions

**NO
LIMITS**
Helping Young People
Help Themselves

Regular drop-in sessions in schools and colleges across Southampton, bringing our support right to you

Our youth workers run fortnightly drop-in sessions in secondary schools and colleges across Southampton. Each session, the stand will have a different theme, helping you learn more about your own health and wellbeing.

Our stand will be at the same time and place each time and will last for 30 minutes to an hour.



You can speak to youth workers at the stand about the drop-in theme or anything you'd like information or advice on, without having to make an appointment.

There may also be the option to book a one-to-one with a youth worker if you'd like to talk about anything in private.

Drop-in details

To find out when we're in your school or college, scan the drop-in details QR code below, or see the pinned post on our Instagram or Facebook.

Booking a one-to-one

To book a one-to-one with one of our youth workers in your school, just ask your tutor, a teacher or one of our team when they're at the drop-in stand.

Further support

Open six days a week including two evenings, you can come down to our Advice Centre on Southampton High Street without having to make an appointment and speak to one of our youth workers about any issue you have.



Drop-in details



Advice Centre



Self-help
resources



@nolimitshelp

nolimitshelp.org.uk

02380 224 224

enquiries@nolimitshelp.org.uk