

Social Prescribing

NO LIMITS
Helping Young People
Help Themselves

A service for young people aged 11-25 who need one-to-one support with their physical or emotional health or making positive life and behaviour changes using goal-based outcomes.



No Limits' social prescribing is non-medical support focused on improving long-term wellbeing by building effective support networks through connection, referrals and signposting.

Many people may find themselves struggling with:

- Anxiety, stress and low mood
- Isolation and loneliness
- Involvement in crime and anti-social behaviour
- Being a victim of crime, abuse and exploitation
- Lack of positive relationships
- Eating, sleeping, body image and exercise
- Emotional regulation and resilience
- Drug and alcohol use
- School and college attendance
- Money, budgeting and benefits

How can social prescribing help?

Youth workers meet with young people, taking the time to listen to them and understand their needs. They can do this by phone, text, email or face-to-face.

They can help young people to:

- Access the right support and information
- Build confidence and learn new skills
- Meet new people and improve relationships
- Improve physical and mental health
- Feel more in control of their wellbeing

Social prescribing referral routes

Referrals into this service can only currently be made via hospital staff and the NHS 111 service. In Southampton, referrals can also be made via CAMHS.



Our website



Advice &
Wellbeing Hub



Social prescribing
feedback



@nolimitshelp

nolimitshelp.org.uk

02380 224 224

enquiries@nolimitshelp.org.uk