

# Counselling for young people in Southampton

**NO  
LiMiTS**  
Helping Young People  
Help Themselves

No Limits offers free, confidential counselling to young people aged 11-17 (up to 24 for care leavers and SEND) who live in postcodes SO14-SO19

Our counsellors are all trained, supportive and friendly. You can speak to them about the issues you're facing, in a private, confidential session.



Common issues our counsellors deal with include anxiety, confidence and low mood / depression, suicidal ideation, self-harm, bullying, abuse.

They will never judge you or your story and they are there to support you.

## How do I get counselling?

To get counselling, fill in a referral form at [nolimitshelp.org.uk/get-support](https://nolimitshelp.org.uk/get-support). You can refer yourself, or ask a trusted adult at school, parent or carer, GP or other professional to refer for you.



We do not need parental permission to accept your referral if you're over 13.

Counselling for 18+ is for those who are care leavers or SEND. No diagnosis or evidence is required.



## What happens after my referral is submitted?

Your referral goes to our triage team, who will direct you to the best support for you.

Your needs will be assessed by the team and if counselling is identified as the type of support you need, you will be added to the waiting list. This triage process is there for us to work out what you need from counselling and it allows our counsellors to then know how they can help you.

## Where do counselling sessions take place?

Sessions will take place at our site on The Avenue, or at our Advice Centre.



## How many sessions will I have?

We offer six to eight counselling sessions. Care leavers can access up to 12 sessions.



@nolimitshelp

[nolimitshelp.org.uk](https://nolimitshelp.org.uk)

02380 224 224

[enquiries@nolimitshelp.org.uk](mailto:enquiries@nolimitshelp.org.uk)

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