



Safe Haven Southampton

**NO
LiMiTS**
Helping Young People
Help Themselves

Our Safe Haven team run open-access crisis support sessions for young people aged 11-25 experiencing difficulties with their mental health.

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

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.



**Find out
more**

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 at nolimitshelp.org.uk/get-support