

# Virtual Services

**NO LIMITS**  
Helping Young People  
Help Themselves

No Limits offers remote, virtual support to all young people in a number of ways

As well as our in-person support, young people under 26 in Southampton, Hampshire, Portsmouth and the Isle of Wight can get support from our trained youth workers remotely, meaning you can access support wherever and whenever you need.



## Advice and support line

Talk to youth workers at our Advice Centre over the phone.



## Webchat

Message our mental health youth workers on our website.



## Self-help resources

Information and advice from our youth workers on a wide range of topics.

## Advice and support line

Call **02380 224 224 (option 1)** to reach youth workers at our Advice Centre where they can give you information, advice and support on a wide range of issues including mental health and wellbeing, housing, financial advice, family and relationships.

Mon 10am - 5pm  
Tue 10am - 5pm  
Wed 1:30 - 8pm  
Thu 10am - 8pm  
Fri 10am - 5pm  
Sat 10am - 1:30pm

## Webchat

If you're experiencing difficulties with your mental health and want help, our Safe Haven and Space 4U teams can be reached via the webchat button in the bottom right corner of the screen on our website, [nolimitshelp.org.uk](https://nolimitshelp.org.uk).

Mon 10am - 5pm  
Tue 10am - 5pm  
Wed 1:30 - 8pm  
Fri 10am - 5pm

## Self-help resources

Our collection of self-help resources is ever-growing. These resources have been made with information and advice from our trained youth workers and are there to help you begin to help yourself. Topics covered include mental health crisis, anxiety and panic attacks, exam stress, budgeting, home energy and online safety.



Scan here  
for resources



@nolimitshelp

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

02380 224 224

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