

What we do

NO LIMITS
Helping Young People
Help Themselves

Free information, advice, and support for children and young people under 26 in Southampton, Hampshire, Portsmouth and the Isle of Wight

What can we help you with?



Mental health
& wellbeing



Relationships
& sexuality



Education &
employment



Housing &
homelessness



Financial
advice



Drugs &
alcohol



Family &
parenting



Sexual
health



Crime &
violence

How to get support

No Limits youth workers are here to support you with free information and advice, face-to-face, over the phone or online.

Our Advice & Wellbeing Hub opening hours are:

Monday 10am - 5pm

Thursday 10am - 8pm

Tuesday 10am - 5pm

Friday 10am - 5pm

Wednesday 1:30 - 8pm

Saturday 10am - 1:30pm

Get in touch

You can visit our Advice Centre, call or email us, or fill in a referral form on our website. Our details are below.



Our website



Advice Centre



Scan to refer

No Limits Advice Centre, 13 High Street,
Southampton, SO14 2DF



enquiries@nolimitshelp.org.uk



nolimitshelp.org.uk



02380 224 224



@nolimitshelp

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