

Wallet Card Print-Outs

Print these two sheets out, then cut out the cards, fold them down the middle and glue the two sides together.

Then put them somewhere like your wallet, bag or phone case so you always have them with you.



No Limits Stay Safe Card

Stay Safe Card

No Limits youth workers are here to give you free, confidential advice by phone or in-person

Monday 10am - 5pm Tuesday 10am - 5pm Wednesday 1:30 - 8pm
Thursday 10am - 8pm Friday 10am - 5pm Saturday 10am - 1:30pm

13 High Street
Southampton
SO14 2DF

nolimitshelp.org.uk
02380 224 224

Safe Haven / Space 4U
Out-of-hours crisis support for young people
Find out more on our website

24/7 support

NHS
Call 111 (option 2)

SHOUT
Text 'HANTS' to 85258

Childline
Call 0800 11 11

In an emergency, phone 999

Useful websites

youngminds.org.uk | childline.org.uk

kooth.com webchat

Mon-Fri 12-10pm | Sat/Sun 6-10pm

Useful self-help apps

Calm Harm

DistrACT

Stay Alive

Catch It

MyPossibleSelf

Mental Health Pain Scale

Once cut out and folded, fold this one again so it fits in a small space.

Sometimes it can be hard to put our emotions into words.

The scale on the other side can help you to let others how you are feeling emotionally, and what your immediate needs are.

Use it to help you explain to your parents, professionals, and other people in your life.

Immediate 24/7 support

If you are at immediate risk of harm, phone 999 and ask for an ambulance

SHOUT
Free text service for anyone in crisis
Text 'HANTS' to 85258

NHS
For anyone needing urgent mental health help
Phone 111 (option 2)

nolimitshelp.org.uk @nolimitshelp

Mental Health Pain Scale

MILD	1	Everything is just right! There's nothing wrong at all and you feel great!
	2	You might be a bit frustrated or disappointed but it isn't going to ruin your day. You'll cheer up soon.
	3	Something might be bothering you, like being overtired or hungry, but you're doing okay.
MODERATE	4	It's been a bad day or a bad few days. But you know you'll get through it. Take care of yourself.
	5	Your mental health is starting to impact on your normal life. Easy things are getting harder. You should talk to someone.
	6	You can't do things you'd usually do because of your mental health. You're getting impulsive and compulsive thoughts that are hard to get rid of.
SEVERE	7	You're avoiding doing things that might make you feel even worse, but this isn't good. You definitely need to talk to someone, it's getting serious.
	8	You can't hide it any longer. You might have issues with things like eating, sleeping, school, having fun with friends and family. Your mental health is affecting almost every part of your life.
	9	You're at a critical point. You aren't functioning properly anymore. Negative thoughts and feelings are constant and you don't know what to do. You may be at risk if you don't get support.
	10	You're experiencing the worst emotional distress possible. Things can't get any worse and you can't see it getting better. You feel like this is it. You need to contact a crisis line immediately.

Coping strategy cards

5-4-3-2-1

This technique helps to relieve anxiety by engaging our senses and focusing our mind, making us feel more present

- 5 Name five things you can see 
- 4 Name four things you can feel 
- 3 Name three things you can hear 
- 2 Name two things you can smell 
- 1 Name one thing you can taste 

**NO
LiMiTS**

Helping Young People
Help Themselves

I might just be
a piece of card,
but I believe in
you!



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Five finger breathing

Breathing techniques slow our breathing down, getting more oxygen into our lungs and lower our heart rate, helping us to feel calmer when we are anxious.



Slowly trace round each of the fingers on one hand with a finger from the other. Breathe in on the way up and breathe out on the way down.

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Help Themselves

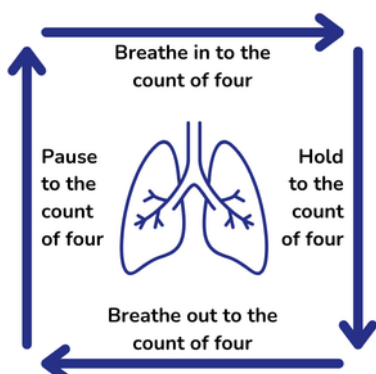
I am resilient
I can do this



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Square breathing

Breathing techniques slow our breathing down, getting more oxygen into our lungs and lower our heart rate, helping us to feel calmer when we are anxious.



**NO
LiMiTS**

Helping Young People
Help Themselves

I am strong
I am in
control



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