Wallet Card Print-Outs

NO LiMiTS
Helping Young People
Help Themselves

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
Helping Young People
Help Themselves

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 Havens: Out-of-hours open-access, webchat and one-to-one crisis support for young people

Find out more on our website

24/7 support

In an emergency, phone 999

| NHS | Papyrus | SHOUT | Childline |
| Call 111 | Call 0800 41 41 | Text 'HANTS' to 85258 | Call 0800 11 11 |

Useful websites

youngminds.org.uk   childline.org.uk   themix.org.uk   kooth.com

Useful self-help apps

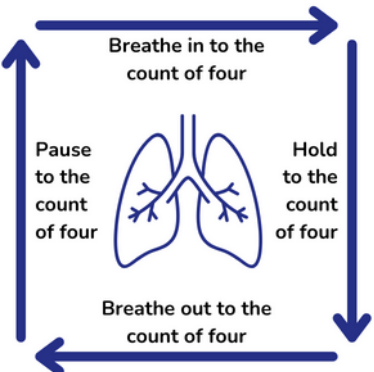| Calm Harm | DistrACT | Stay Alive | Catch It | MyPossibleSelf |

Coping Strategy Cards

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.

Breathe in to the count of four

Pause to the count of four

Hold to the count of four

Breathe out to the count of four

NO LiMiTS
Helping Young People
Help Themselves

I am strong

I am in control

nolimitshelp.org.uk

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!

nolimitshelp.org.uk

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.

NO LiMiTS
Helping Young People Help Themselves

I am resilient

I can do this

nolimitshelp.org.uk