

**NO
LiMiTS**

Helping Young People
Help Themselves

Support for Schools and Colleges

Making lives easier

March 2026

About No Limits

Hampshire-based charity, No Limits, has 30 years' experience providing information, advice and counselling to children and young people aged 5-25. Our trained youth workers and counsellors support with many issues including:

- Mental health
- Relationships
- Substances
- Vaping/smoking
- Eating disorders
- Self-harm
- Anxiety
- Emotional resilience

We offer a range of services, and our knowledge, to a wider range of organisations. Every penny of the profits raised is reinvested into No Limits to help us continue supporting children and young people throughout Hampshire and the Isle of Wight. All services are delivered by No Limits' highly trained and experienced youth workers and counsellors.

Supporting your school and college

We offer a variety of services to schools and colleges to support your students' wellbeing. All the work we do seeks to improve outcomes for young people – whether it's one-to-one mentoring or counselling or general school drop-ins.



One-to-One Mentoring

Up to six months of early intervention mentoring support from qualified youth workers, for students with challenging behaviour

Tailored to each individual and their interests, mentoring seeks to reduce risk by building self-esteem, resilience, social capital and positive behaviour, enabling students to achieve better life outcomes. Work is based around an individual action plan created with the young person e.g. building their relationship with family, making different friends, emotional regulation, help with schoolwork, social skills, changing their relationship with substances, trying positive activities.



Counselling

Over six sessions, trained counsellors provide a safe, confidential space to help students explore difficult feelings, problems and behaviours, enabling them to find their own solutions.



Primary Mental Health Worker

Six sessions of one-to-one or group support for students struggling with the emergence of mental health issues such as low mood and anxiety

Early intervention support builds emotional intelligence and resilience, helping young people to gain control over their symptoms and empowering them to deal with similar feelings in the future. Youth workers with specialist mental health training provide solution-focused therapy, anxiety management, grounding techniques, coping strategies and support young people to engage with No Limits' wide range of specialist services.



Health & Wellbeing Drop-ins

Trained youth workers provide themed drop-in spaces at breaks or lunchtimes. Themes include mental health, sexual health, substances, with an opportunity for one-to-one support.



Alternative Provision

A new specialised alternative provision for schools, designed to cater to students who may benefit from a more tailored educational approach.

This support is targeted towards pupils with Emotionally Based School Absence (EBSA) and those with barriers to attending due to their mental health. All programmes are bespoke and shaped around the individual needs, risks and outcomes of each pupil. There is no fixed model of delivery. While the primary goal is to empower young people and support their productive engagement in education, the programme also provides schools with valuable documentation of evidence-based interventions.

Pricing

Provision	Your site	Our site / remote
Counselling	From £60 per hour	£60 per session
Mentoring / PMHW	From £45 per hour	£55 per session
Drop-ins	£150 per hour additional visit / £80 per hour visit extension	
Alternative Provision	£165 per half day / £275 per full day	

“ I feel listened to and accepted, as well as comfortable to challenge thoughts I have. ”

- *Katie, student*

Safeguarding children and young people

Safeguarding and protecting the welfare of children and young people is paramount at No Limits. All of our staff working with schools and colleges have Enhanced DBS with child and adult barred list checks, and our recruitment and selection processes follow safer recruitment principles. Our safeguarding policy can be found on our website here:

nolimitshelp.org.uk/about-us/#policies

Get in touch

To find out more and make an enquiry, please contact us on:



central.support@nolimitshelp.org.uk



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