

NO LiMiTS

Helping Young People
Help Themselves




Our
Impact

24/25

WE ARE NO LIMITS

We're a charity empowering children and young people to reach their potential through life-changing advice, counselling and support services. We operate across Southampton, Portsmouth, the Isle of Wight and Hampshire.

We offer a comprehensive service for young people, whether they are coming to us to prevent an issue escalating or because they need crisis support. Our youth workers are trained to provide support across any issue and, crucially, many of our services are available without a waiting list or the need for a professional referral. This year we have delivered 15 different services from over 25 different locations.





“

You've given us a reason to hope – and I'd hope that every parent and young person could achieve this. You're doing an incredible job, we're so grateful to you.

”

Our support is



Accreditations and regulations

Our work is based on the evidence-based national Youth Access model. We are accredited by the British Association of Counselling and Psychotherapy, the Advice Quality Standard and regulated by the Financial Conduct Authority.



We change lives

In February 2025, the Comic Relief team came down to our Advice Centre to tell the story of our homelessness support and the young people we help. This help includes finding emergency shelter, supplying essential items and provisions, having shower and laundry facilities available, and working with other organisations to support homeless young people into safe, secure accommodation.

Comic Relief provides us with funding which enables us to carry out this vital support.

Watch below:





“

This place has helped me a lot. Without No Limits, I would have been struggling and homeless. We need more places like this. The staff are very welcoming and supportive, and they understand too. They can relate to where I have come from.

”

From April 2024 to
March 2025, we
supported

6,863

Children and young people,
directly or through families /
professionals

9,857

further were reached through
outreach and detached

A large, abstract yellow shape in the bottom right corner of the image, resembling a stylized wave or a corner of a page.

What did we help children and young people with?



4,144

Relationships



2,988

School, studying
or training



1,872

Physical health



1,383

Financial advice



1,204

Employment



1,140

Housing



1,122

Substance use



864

Safe from
bullying,
discrimination or
crime



789

Neglect, violence
or exploitation



527

Sexual health



320

Security, stability,
being cared for



“

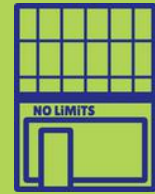
*Thank you so
much for all your help. It
has been wonderful to
see my daughter become
herself again and make
some friends.*

”



2,289

Single Point of Access triage



1,625

Advice Centre

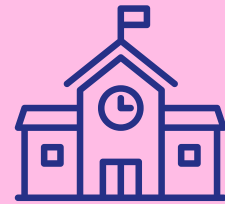


Advice &
Information



339

Early Help
one-to-ones



9,138

Early Help
drop-ins

Where did we help children and young people?



Therapeutic
Services



1,754 through No Limits

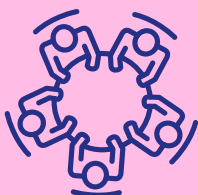
3,685 through partners

HYA counselling



350

Youth Wellbeing
Practitioner
support



732

Group Work



243

Safe Havens



23

Safe Houses



716

Detached team
engagements



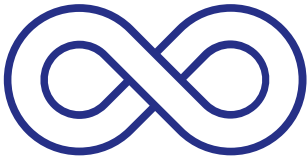
169

Emotional
Resilience group



45

Bright
Beginnings



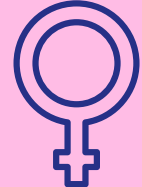
24

Time 4U group



47

Next Steps



26

SHINE group

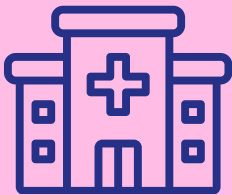


167

DASH service



Inclusion



741

Emergency
Departments



267

Mental Health
Transitions



Health &
Wellbeing

Social Prescribing



653

Follow-on from
ED



283

Through 111



41

through
CAMHS SPA

Our work makes a difference

After support, young people tell us that their:



ability to deal
with problems
has improved
70%



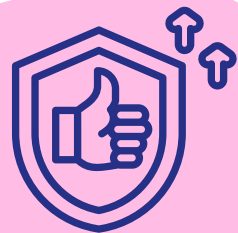
knowledge of
where to get help
has improved
89%



emotional wellbeing
has improved
70%



stress level
has reduced
78%



situation has
improved
70%

99.7%

of the young people we supported were happy with the service they received

“

Working with No Limits has been wonderful. I feel very proud that I have been working on my life with the best help and support I could have ever asked for. It's been a real pleasure because I have had chances to fix my life with the best support.

”

Our insights



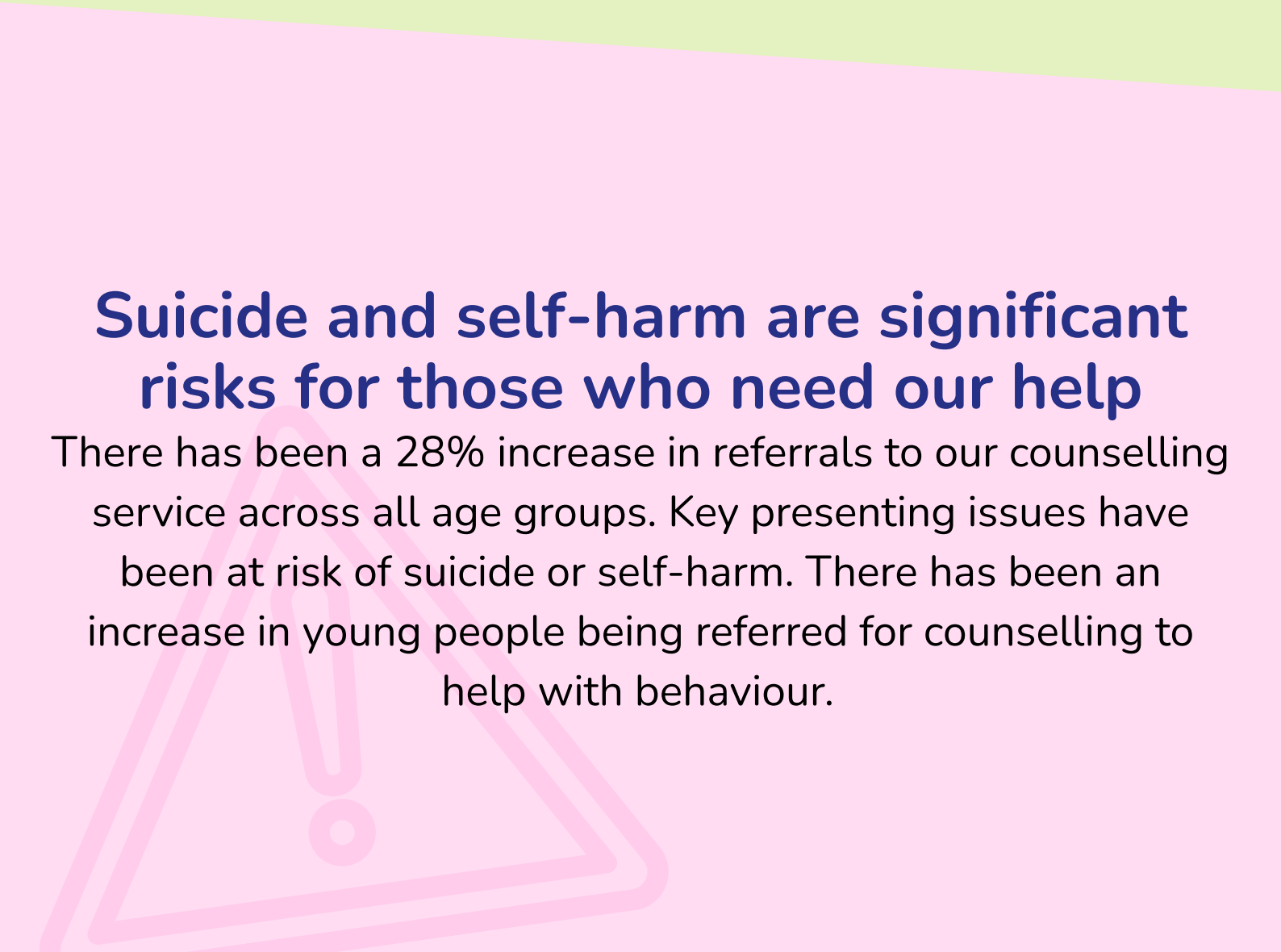
The challenges young people face are growing more complicated

At our Advice Centre, on average, each individual sought help for three to four interconnected issues. The most common areas of concern included emotional wellbeing / mental health, housing insecurity, relationship breakdowns, financial hardship, and navigating benefits systems.



Significantly more neurodivergent young people are seeking counselling

There has been a 220% increase in referrals for neurodivergent children and young people. This reflects a growing awareness among families and professionals about neurodiversity and the benefits of early intervention and therapeutic support. It also aligns with the wider picture of increased demand for specialist services, such as CAMHS, and a greater reliance on community-based provision like ours.



Suicide and self-harm are significant risks for those who need our help

There has been a 28% increase in referrals to our counselling service across all age groups. Key presenting issues have been at risk of suicide or self-harm. There has been an increase in young people being referred for counselling to help with behaviour.



Emotional wellbeing is impacting school attendance

Our Health and Wellbeing services have seen an increase in the support needed for children and young people with emotionally-based school absence.



Sexual abuse disclosures are increasing

There has been an increase in historic and current disclosures of sexual abuse, including a recent rise in consensual sexual abuse, across all our health, wellbeing and therapeutic services.

Ketamine use is causing serious health issues

Through our support in hospital emergency departments, we are seeing an increase, particularly in Portsmouth, in young people presenting in hospital emergency departments because of Ketamine use. Our substance use service is also seeing an emerging concern around alcohol use.

More children need safeguarding support

1,263 safeguarding concerns were recorded for 982 children and young people, a 35% increase on last year. There is a rise in the number of concerns young people come to us with, reflecting the increasing complexity of many of their lives.

Most common concerns are emotional wellbeing and personal safety.

Our local partnerships strengthen our impact



Hampshire Youth Access

Leading the Community Counselling service across the county, working in partnership with eleven grassroots youth and counselling organisations.

Peer mental health support

Working in partnership with Solent Mind to provide mental health peer support for young people.



An orange circle containing the text "STOP DOMESTIC ABUSE" in white, bold, uppercase letters.

**STOP
DOMESTIC
ABUSE**

Domestic abuse support

Working with STOP Domestic Abuse and Yellow Door to provide support to young victims of domestic violence.



**Preventing and
Responding to
Domestic and
Sexual Abuse**

Social Prescribing

Working closely with CAMHS, as part of their Single Point of Access, providing support for young people through social prescribing.



**Hampshire Child and Adolescent
Mental Health Service**



Mental Health Transitions

Formation of the Mental Health Transitions partnership with Solent Mind, Re:Minds and Youth Options.

Our strong regional
and national
connections help us
influence change,
both for and with
young people

“

*For the first time in
forever, I felt like someone
genuinely cared.*

”

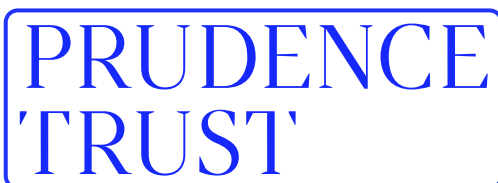
Warith, one of our Youth Ambassadors, addressed MPs at Parliament as part of the blueprint for Young Futures hubs launch, telling his story of how No Limits has helped him and why he and other young people are backing the campaign and are so passionate about seeing more Young Futures hubs open, supporting and saving more young lives.

Watch below:



**Click here to
find out more**

Thank you to our funders







I just wanted to express my gratitude to No Limits. I'm 34 now, I have a husband I've been with for 10 years, a 10 month old son who is just starting at university and got

I honestly don't think I would have achieved this without No Limits. I had a lot of help from you guys.

Thank you

*express how grateful I am for
have a house, an amazing
for over 10 years and a 10
so happy, and I went back to
my drama degree.*

*would be in this situation
lot of support and help from
guys.*

Thank you!



