

# NO LiMiTS

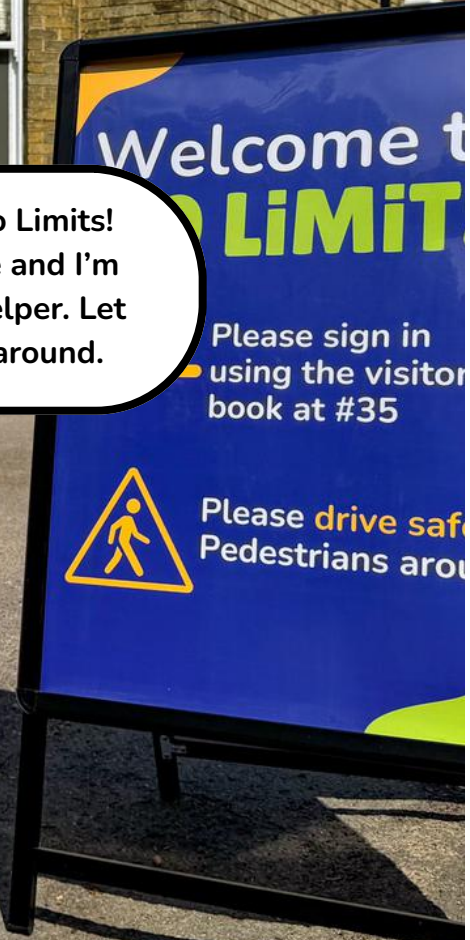
Helping Young People  
Help Themselves

## Ellie the Emotional Helper's guide to counselling at No Limits





Welcome to No Limits!  
My name's Ellie and I'm  
an emotional helper. Let  
me show you around.



35  
THE AVENUE




The car park and the door are just this way.





**This is the door to get in.  
Just ring the white  
doorbell and someone  
will come and open it.**



If you need to use the bathroom, there is an accessible toilet at the very end of the corridor here.



*Counselling  
Suite*

Fire door  
keep shut


Our counselling  
rooms are to the  
right in the hallway.  
Follow me!






This is our waiting room where you can sit until your counsellor comes out to get you.





We have four counselling rooms, each one with a different colour. This is Blue, which is also our room with a ramp for easy access for all.






I'm in the Pink room now.  
Counselling is a safe space for  
you to talk about how you're  
feeling. Even if you are feeling  
really sad, the counsellor will  
help you to understand.





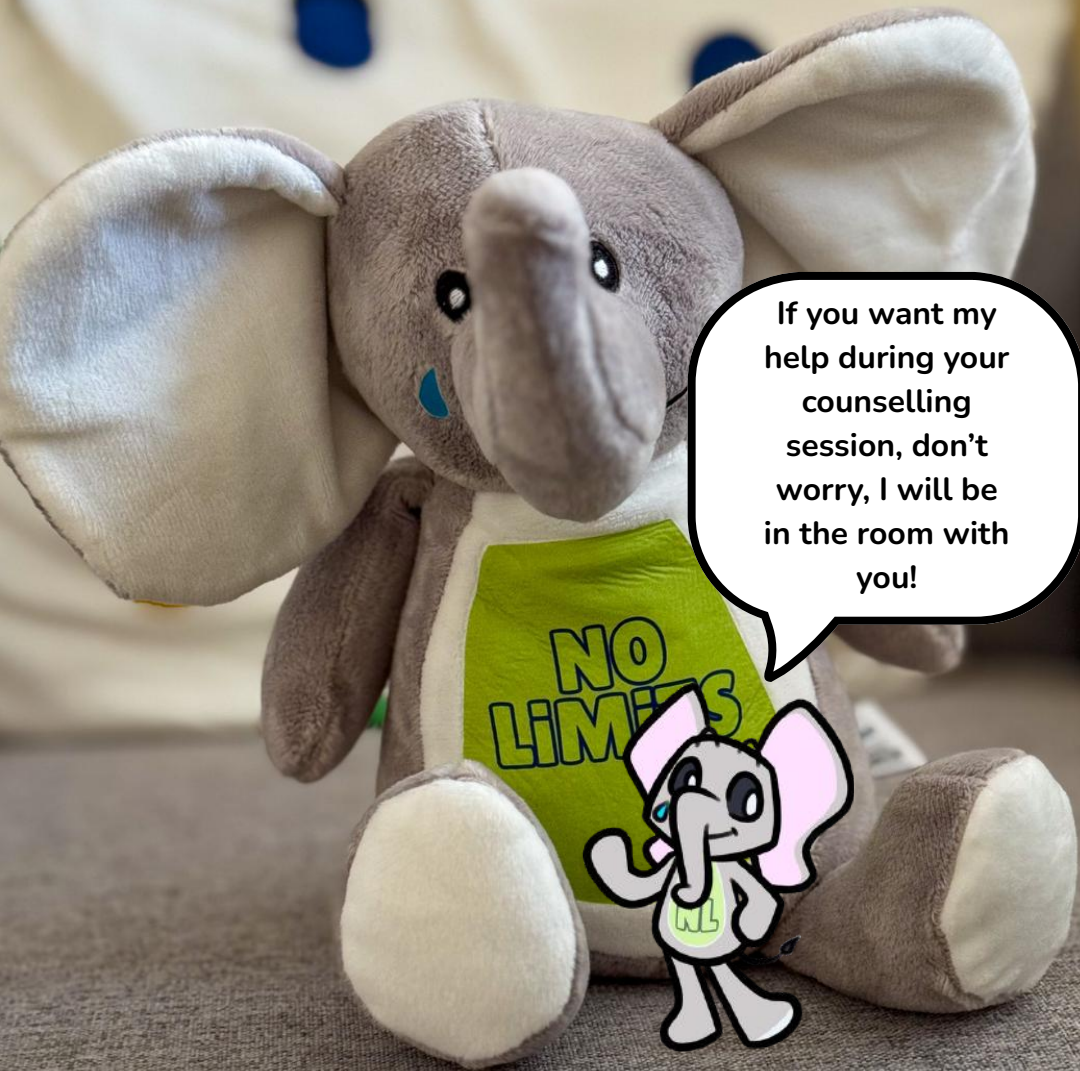
This is our Yellow room. You might not start to feel better straight away, but that is okay. The counsellor will give you lots of things to try that might help.





This is our Green room. Your counsellor won't tell anyone what you've said, unless they need to tell someone to keep you safe. This is your private space.





If you want my help during your counselling session, don't worry, I will be in the room with you!

Got any questions? Just ask your counsellor and they will be able to help you. Or, you or a parent or carer can call us on 02380 224 224.





**Digital Ellie illustrated by Moss Healy**  
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