

Our Impact 2025-2026

Our Story

We are No Limits - a charity empowering children and young people to reach their full potential through life-changing advice, counselling and support.

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 with 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 24 different services from multiple locations across Southampton, Portsmouth, the Isle of Wight, Hampshire and Dorset.

Our support is:

- Free
- Available to all children and young people up to age 26
- Holistic
- Based on the needs of the individual
- Based on the evidence-based national Youth Access model

We are accredited by the British Association of Counselling and Psychotherapy, hold the Advice Quality Standard and are regulated by the Financial Conduct Authority.

Our year in numbers

From April 2025 to March 2026, we supported

7,224

children and young people directly or through families / professionals

We also reached a further

9,500

children and young people through outreach and detached

We received

3,444

enquiries from concerned families asking us for advice on how to support their child.

We had

3,493

interactions with other professionals, increasing the support we are providing across the wider system.

New Services, New Goals

We continually look to grow and adapt to meet the emerging needs of young people and their families. This year we have:

Opened a new drop-in for under 17s and renovated our Advice Centre





Created a new Intensive Support Worker role at our Advice Centre to give consistent support to those young people most at risk of mental health crisis

Introduced a mentoring scheme, in partnership with other Southampton-based youth organisations, for those young people at risk of offending



Increased our detached presence in key areas of the city

Introduced youth workers into two Dorset hospital emergency departments



Started a two-year Individual Placement Support pilot, helping young people with mild or moderate mental health challenges into good work. This pilot is being evaluated by the National Institute of Health Research

Embarked on a three-year project, funded by Prudence Trust, to strengthen how we demonstrate our impact





Set up a new Alternative Provision, running out of our new Treehouse at The Avenue, offering tailored support for young people who are struggling to attend school

Our Impact

Our work makes a difference



97% of young people feel they made progress following the support they received



95% of young people feel more confident



93% of young people feel more positive about the future



91% of young people feel better able to look after themselves



95% of young people feel safer

What do Children & Young People Say About Us?



99% of young people were happy with the support they received



99% of young people felt listened to and understood



97% of young people found it easy to talk to the person who helped them



95% of young people felt their views and worries were taken seriously



100% of young people would recommend No Limits to friends and family

Early Support Hubs



1,364
Advice Centre



161
Avenue Drop-in



844
SPA Triage



25
Bright Beginnings

Employment Support



22
IPS



77
Work Club



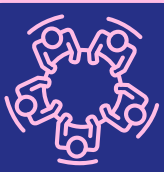
19
Time 4U



Advice & Information

Therapeutic Services





242
Group work



250
Youth Wellbeing Practitioner support

Counselling



573 through No Limits

1,631 through HYA partners







748
Detached

15
DASH Counselling

DASH
498
Drug and Alcohol Service

20
DASH SHINE group

20
Mentoring

125 DASH Emotional Resilience group

Harm
duction &
gagement

Where did we help children & young people in 2025/26?

risis Intervention
Prevention

560
Mental Health Transitions

337
Safe Havens

1,043
Emergency Departments

6,696 Drop-in engagements

219 One-to-ones

Social Prescribing

215 support through 111

40 support through CAMHS SPA

Our Insights

Working closely with so many young people gives us a unique ability to understand their needs. Our 25/26 key insights are:

Safeguarding needs are evolving

Many themes remain consistent, with mental health, suicide risk and self-harm continuing to underpin safeguarding activity across No Limits. However, concerns are becoming increasingly concentrated amongst a smaller cohort of young people experiencing repeated and interconnected risks.

The number of young people experiencing online harms continues to increase

Online harms, including misogyny, harmful online communities and technology-enabled abuse continue to emerge as safeguarding concerns.

More young people are struggling to manage financially

We have seen a 16% increase in young people needing support with benefit applications, budgeting and debt management.

We are seeing more risks amongst younger people

Safeguarding concerns appear to be presenting at younger ages. In 24/25 a third of safeguarding concerns from our therapeutic services were within the 5-10 age range. For 25/26, this rose to half.

More young people are struggling to go to school

We have seen an increase in referrals to the CAMHS hub from young people unable to engage with school because of unmet emotional needs. This is also the top presenting issue at our Avenue Drop-in.

Disclosures of violence and trauma are increasing

Disclosures relating to trauma, sexual violence and domestic abuse have become more prominent, particularly within relationships. This is reflected in our safeguarding figures and in the number of young people seeking early intervention support on relationships, which is up by 16%.

More young people are seeking help to find work

There has been a 26% increase in the number of young people talking to us about employment.

What did we help young people with?



Emotional wellbeing and mental health **5,925**



Relationships

4,817



School, training and studying

3,398



Physical health

1,873



Housing

1,188



Substance use

1,241



Employment

1,512



Financial advice

1,605



Neglect, violence or exploitation **928**



Safe from bullying, discrimination or crime **855**



Sexual health

511



Security, stability, being cared for

314

Our local partnerships strengthen our impact

Current partnerships include

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

HYA

The Mental Health Transitions partnership with Solent Mind, Re:Minds and Youth Options.

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

NHS Hampshire Child and Adolescent Mental Health Service

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

Working with Youth Options, Saints Foundation and SOCO Music to provide mentoring for young people at risk of offending.

“The lady who helped me was amazing. I felt heard, I felt seen. She’s really helped me tackle my issues and I feel better coping with day to day life.”

Youth voice

A key element of our impact is our work to empower young people to amplify their voices. This year we have:

Taken two of our young people to a roundtable event with Secretary of State for Work and Pensions, Pat McFadden, to talk about their experiences of youth unemployment, particularly how poor mental health acts as a barrier to employment. This learning will be used to shape emerging policies.

Supported our fantastic Youth Ambassadors with their Break the Cycle social action project, fully designed and run by the young people themselves, culminating in a well-attended awareness event and a website. The project won the Best Youth-Led Campaign at the UK Enterprise Awards.



Created a new Youth Empowerment role to further develop our youth voice work.



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