



Space 4U Isle of Wight

**NO
LiMiTS**
Helping Young People
Help Themselves

No Limits' Space 4U team run out-of-hours open-access and one-to-one crisis support for young people aged 11-17 (up to 25 with additional needs) experiencing difficulties with their mental health.



Open-Access Sessions

Talk to one of our youth workers about your mental health and wellbeing without needing to let us know that you're coming.

How to join

No referral needed



One-to-one Sessions

Talk to a youth worker about your mental health and wellbeing privately in-person, online or over the phone, in up to four sessions.

How to book

Refer through our website

Mondays

One-to-ones East Newport Family
4:00 - 5:30pm Centre
Open-access Furlongs
5:30 - 7:30pm Newport
PO30 2AX

Tuesdays

One-to-ones Sandown Family Centre
4:00 - 5:30pm 98 The Fairway
Open-access Sandown
5:30 - 7:30pm PO36 9EQ



Find out
more

Refer for
one-to-one
sessions

