



Space 4U Isle of Wight

**NO
LiMiTS**

Helping Young People
Help Themselves

Our 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

Open-access East Newport Family
5:00 - 6:00pm Centre

One-to-ones Furlongs
6:00 - 7:30pm Newport
PO30 2AX

Tuesdays

Open-access Sandown Family Centre
5:00 - 6:00pm 98 The Fairway

One-to-ones Sandown
6:00 - 7:30pm PO36 9EQ



Find out
more

Refer for
one-to-one
sessions

