

Space 4U Isle of Wight

**NO
LiMiTS**
Helping Young People
Help Themselves

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.

Space 4U offers young people a safe space to talk to trained youth workers about how they're feeling and what they're going through.



Our youth workers are available to support with anything that might be affecting your mental health or wellbeing such as managing self-harm or suicidal thoughts, low mood and self-esteem, anxiety or simply needing help in accessing further support.

Attending Space 4U

Open access

You don't need to book or refer to attend an open-access session. Just come along when it's on.

One-to-ones

If you'd like to talk to a youth worker privately, we can offer up to four pre-booked one-to-one sessions. To book, scan the QR code below or refer online at nolimitshelp.org.uk/get-support

Location and times

Space 4U takes place each week and East Newport and Sandown Family Centres. Scan the QR code to see our latest opening times.



More about
Space 4U



Our Advice &
Wellbeing Hub



Scan here to refer
online



@nolimitshelp

nolimitshelp.org.uk

02380 224 224

enquiries@nolimitshelp.org.uk