



# Space 4U

## A safe haven for young people aged people aged 11-17\* living on the Isle of Wight

\*Up to age 18 with additional needs

Call 0774 1665182 or visit us on our webchat:

[www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)

**Monday 5pm-8pm**

**Tuesday 11am-1pm**

**Wednesday 5pm-8pm**

**Friday 10am-12pm**

- A safe, calm and confidential space for young people who are experiencing issues with their mental health or wellbeing
- Sessions can be via Webchat, phone or virtual (Contact us on webchat or by phone to arrange)
- Access to emotional and practical support for anyone age 11-17 struggling with their mental health or wellbeing
- 1-2-1 support, mindfulness activities, help with finding ways to cope

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