



# Space4us

**Free peer support program for young people aged 13–18 years who have a family member with a mental illness.**

Participants meet other young people in similar situations to share experiences and learn new ways of looking after themselves:

- Understand mental illness
- Deal with stigma
- Build self care and support strategies
- Improve relationships

**When:** Tuesdays 4:30 - 6:30pm from 24 April - 12 June

**Where:** Inspiro, 17 Clarke Street, Lilydale.

For more information or to make a referral, please contact our Youth counsellors Leah or Sabatinie at Inspiro on **9738 8801**.



The Victorian FaPMI Program  
Families where a Parent has a Mental Illness

**Phone 9738 8801**

**inspiro.org.au**

**Lilydale**  
17 Clarke Street  
Lilydale Vic 3140

**Belgrave**  
1616-1622 Burwood Hwy  
Belgrave Vic 3160

**Healesville**  
333 Maroondah Hwy  
Healesville Vic 3777