



Space4us

FREE peer support program for young people age 13–18 years who have a family member with a mental illness.

Participants meet with 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

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



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

Oct 2018

Phone 9738 8801

inspiro.org.au

Lilydale
17 Clarke Street
Lilydale Vic 3140

Belgrave
1616-1624 Burwood Hwy
Belgrave Vic 3160

Healesville
333 Maroondah Hwy
Healesville Vic 3777