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www.hfehmind.org.uk or visit our TV Channel for
helpful resources at:
My-Mind.TV

Scan the QR Code below using your camera on your
phone. This will take you directly there



We value your feedback

Your feedback is important to us as it helps
improve our services. If you have any suggestions,
recommendations, questions, complaints or
compliments please contact us on
dutyadultservices@hfehmind.org.uk
0208 571 7454



 **mind** Hammersmith, Fulham, Ealing and Hounslow

Registered in England 02257523
Charity No. 801259

Y.A.N.A.
You Are not Alone

 **mind**
Hammersmith,
Fulham, Ealing
and Hounslow



Connection keeps us happier and healthier

The Y.A.N.A (You Are Not Alone) project is here to help tackle the challenges of loneliness faced by 16 – 25 year olds.

The project aims to help people cope with the difficulties of isolation and will include the below interactions:

- One to one check-in's
- Peer support groups
- Interactive group sessions
- Train the Trainer Programme

Who is the service for?

The service is a great way for 16 – 25 year olds to connect with others or check-in with an experienced practitioner. The project is for anyone wishing to combat isolation and receive practical guidance on supporting their mental health and wellbeing.

To be eligible for the service you must be:

- Aged 16 - 25
- Live in one of our three boroughs; Hammersmith & Fulham, Ealing or Hounslow

For more information get in touch with us!

Email: YANA@hfehmind.org.uk

Telephone: 0208 571 7454

www.hfehmind.org.uk