

For further support please visit our website
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

Y.A.N.A.

You Are Not Alone

Are you aged 16 – 25?

Do feel alone or lonely?

Looking to make new friends?

HFEH Mind are here for you; we are here to bring you community and connection.

Do you want to feel empowered?
Do you want to build your self resilience and self confidence?

We can offer you support through:

- One to one check ins
- Peer support groups
- Interactive group sessions
- Train the Trainer Programme



If you would like more information on ways we can support your mental health then scan this code using the camera on your phone, call us on 0208 571 7454 or email us at YANA@hfehmind.org.uk



Hammersmith,
Fulham, Ealing
and Hounslow

www.hfehmind.org