



Y.A.N.A.

You Are Not Alone

Are you aged 16 – 25?

Do you want to feel empowered?
Do you want to build your self
resilience and self confidence?
Looking to make new friends?

But you feel alone or lonely?

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

We can offer you support through:

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

The Y.A.N.A. service is available for CYP
living in Hammersmith & Fulham, Ealing &
Hounslow.



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