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[www.hfehmind.org.uk](http://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](mailto:dutyadultservices@hfehmind.org.uk)  
**0208 571 7454**

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

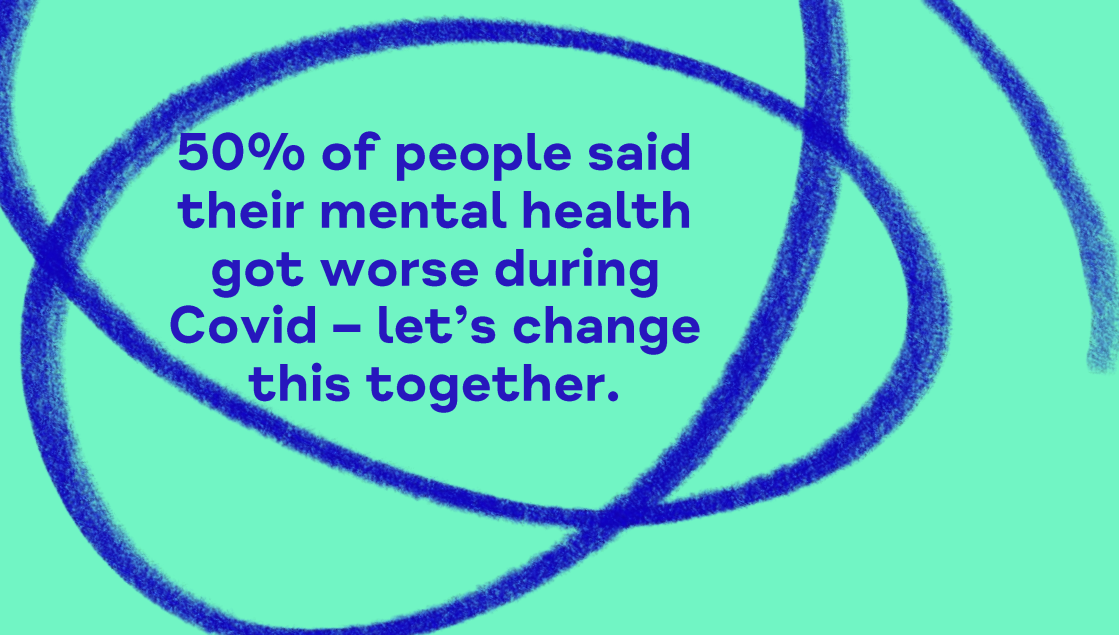
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# Y.A.N.A.

**You Are not Alone**  
**Train the Trainer programme**

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



**50% of people said  
their mental health  
got worse during  
Covid – let's change  
this together.**

The Y.A.N.A. project's Train the Trainer programme is designed to further support communities by empowering them to tackle the feelings of isolation and loneliness.

We offer a comprehensive training on presentation and facilitation skills & the necessary psychoeducation knowledge to confidently deliver bespoke wellbeing and community building workshops in local communities.

**As part of this programme you will :**

- Understand how to work with individuals and groups to combat isolation.
- Understand the impact of loneliness on mental health.
- Learn the necessary skills needed to confidently deliver your own, bespoke psychoeducation and wellbeing workshops.
- Get comprehensive training materials and lesson plans ready to use for your sessions.

**This programme is available for:**

- Community leaders
- Professionals
- Service users

**working with young people.**

**For more information get in  
touch with us!**

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