Yana

You are not alone

Developing resilience & emotional wellbeing in children and young adults

An exciting new service across all Kent districts

IMAGO

On behalf of Kent County Council kent.gov.uk

Summer 2022

www.imago.community

You Are Not Alone

Reconnect has identified the need to support children and young people in ways that develop resilience and emotional wellbeing.

With funding for the You Are Not Alone project, we have an opportunity to raise awareness of mental health, understand what that looks like for the individual, explore what they can do themselves and where they can go for further support.

What is YANA? July - October

Imago's You Are Not Alone (YANA) service offers:

- A series of 6x weekly online wellbeing and emotional resilience workshops
- Tailored 1:1 sessions for children using coaching techniques
- Personalised plans and approaches
- Information, advice and guidance: Resource Pack
- Facilitation of peer support groups
- Parent workshops

Who is the service for?

Children and young adults who:

- Would like to improve their emotional health and wellbeing
- Want to learn more about themselves and the sorts of things that might help them, now and in the future
- Do not meet the threshold for support from CAMHS and NELFT
- Would like to be involved in developing this meaningful programme

Workshop Topics

YANA sessions will cover a range of wellbeing topics, including:

- Understanding mental health
- Managing emotions & anxiety
- Stress, depression and anger
- Resilience
- Eating disorders
- Understanding ‘triggers’
- Self-harm, suicidal thoughts

What next?

- Tailored 1:1s
- Individualised action planning
- Facilitation of peer support groups
- Parent workshops
- Signposting & other support available
- Transition

Refer

To find out more about **You Are Not Alone** or make a referral, please contact our team:

Website	www.imago.community/yana
Email	yana@imago.community
Telephone	0300 011 1965

Scan the code to save contact details:

IMAGO

Your local charity
Building Resilience,
Facilitating Change
Since 1964

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