



# Developing resilience & emotional wellbeing in children and young adults

An exciting new service across all Kent districts



Summer 2022  
[www.imago.community](http://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.

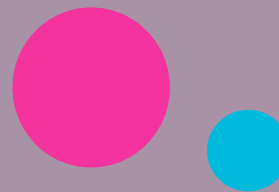


## What is YANA? July - October



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](http://www.imago.community/yana)

Email [yana@imago.community](mailto:yana@imago.community)

Telephone **0300 011 1965**

Scan the code to save contact details:





Your local charity  
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