



Wellbeing support for  
children and young adults  
living in Kent



“ I feel better about myself and know  
I can cope when things are difficult,  
YANA has really helped me ”

**You Are Not Alone** reconnects young people with the things they have missed out on during the pandemic, helping develop emotional wellbeing and resilience to make a difference now, and for the future.



Scan to join YANA

- Virtual Workshops
- 1:1 and Peer Support
- Coaching
- Information and Guidance
- Support for Parents

YANA is here to help

0300 011 1965 - yana@imago.community - www.imago.community/yana