



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

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