



MENTAL HEALTH FIRST AID TRAINING 2022

In 2022 YANA trained a further 102 Mental Health First Aiders **43%**



"The course helped me to deal better with two situations recently, with regards to my own mental health, as well as helping others."

WHO?

- CHURCH
- FARMING
- POLICE
- NFU
- COUNCIL
- EDUCATION
- VETS
- BUYING GROUP
- LAND AGENTS
- FOOD PRODUCTION

"I have learnt a lot about myself & found it much easier to talk to others that are struggling"

86%

agreed the learning contributing to reducing stigma

98%

agreed their confidence & knowledge has continued to develop since training

91%

experienced the training helping others cope with their own or their family's poor mental health

"As a vet in practice, I am more aware of my own and my colleagues' mental health needs. I am more receptive to subtle signs and am more confident starting conversations with people if I am concerned about their mental health."



4 people

on average, are supported by each person trained in the first six months.

Training was delivered in 2022 thanks to funding from Princes Countryside Fund, Beer Harris Memorial Trust, the Clarke Charitable Trust & our many fundraisers and donors.

Mental Health First Aid training is delivered by experienced Mental Health England Facilitators who are carefully selected for their experience and breadth of understanding. In total YANA has trained 272 people who are actively using their skills to support people in rural industries.

Confidential Helpline: 0300 323 0400 or email helpline@yanahelp.org

By your side [YANAhelp.org](https://yanahelp.org)