73% felt their knowledge of stress and anxiety increased after attending the training.

64% felt their confidence about looking after their own mental health increased after attending the training.

Of those that attended...

100% felt better able to look after their own mental health.

91% reported their attitude to those with poor mental health improved.

82% felt better able to talk to someone who they were concerned about.

91% would recommend the training to friends or colleagues.

'Insightful, educating and worthwhile'
‘Time very well spent’
‘Very informative, broadened my mind’
‘Understandable and eye opening’
‘Good overview of key signs’

‘The whole course was presented at a level to take in and understand’
Participant feedback, August 2022

‘Learning about the signs and symptoms of mental health issues specifically anxiety’
‘The case study situation to know how to start a conversation’
‘Understanding the difference between stress and anxiety and how to manage symptom’
‘The interactive nature of the course’

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By your side YANAhelp.org