

# STRESS & ANXIETY BUSTING

INTERACTIVE MENTAL HEALTH TRAINING



*'Insightful, educating and worthwhile'*

*'Time very well spent'*

*'Very informative, broadened my mind'*

*'Understandable and eye opening'*

*'Good overview of key signs'*

## 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**

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

**'Participant highlights...**

*'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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