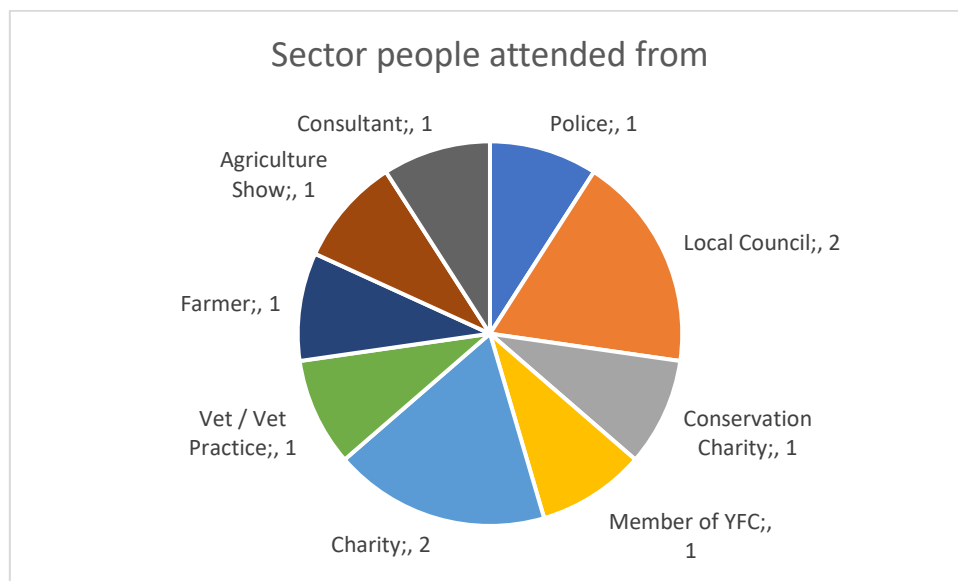


YANA 2-day Mental Health First Aid Training, 22 – 23rd June 2022.

YANA wishes to thank Trustees of the Beer Harris Memorial Trust for providing funding for 11 people to attend a two day training course, qualifying them as Mental Health First Aiders.

Unfortunately due to Covid, two further people were unable to attend on the day.

There were a broad range of people who attended, both in ages and backgrounds. This enables a richer learning experience over the two days. The chart below shows the sectors represented.



The purpose of the training is to build confidence and knowledge about mental health, in order that the delegates are empowered and equipped with tools, to notice if someone could be struggling, and how to help.

All delegates accepted onto the training demonstrate how they are able to use the skills learnt within their workplaces, with clients, family or friend networks.

All of the 11 delegates reported increasing their confidence to talk to someone about mental health through the training.

All 11 delegates also reported an increase in their knowledge of signs and symptoms of poor mental health.

This means more conversations can happen and these interventions can prevent people reaching crisis point. It is much easier to recover the earlier help is sought when it come sto poor mental health.

The image on the next page highlights some of the feedback and what happened as a result of the training.

MENTAL HEALTH FIRST AID TRAINING

NFU OFFICES, WORCESTERSHIRE,
22-23 JUNE 2022



I think the course was excellent. A thoroughly informative, interesting and thought provoking couple of days. I think the size of the group and interactive learning and exercises worked brilliantly.

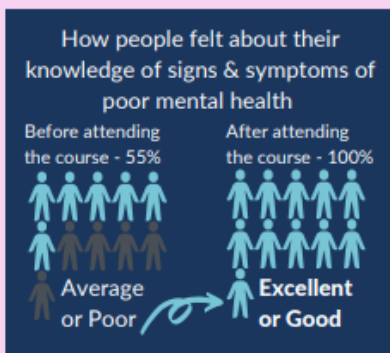
Excellent group discussion and very interactive.

A good group and trainer who encouraged us to talk within the group.

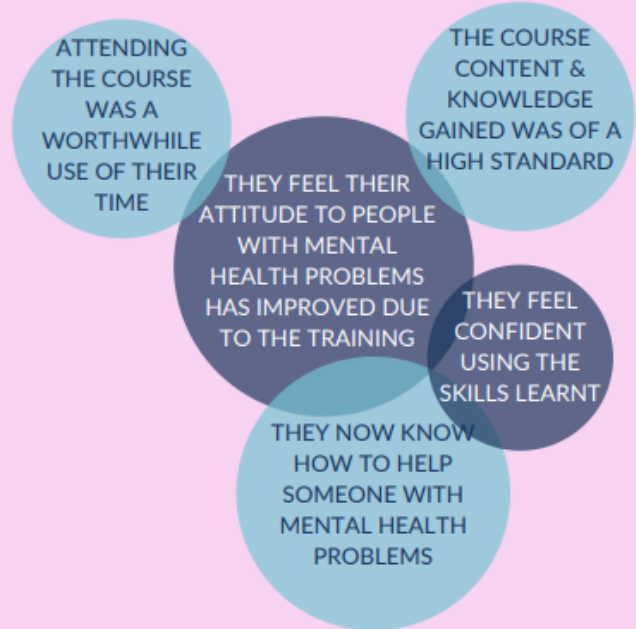
Excellent course leader, well paced, good course material.

Eleven people attended a 2-day Mental Health First Aid course hosted by YANA in June. This shows a summary of the feedback received from all eleven delegates.

Everyone reported experiencing an improvement in their confidence in talking to someone with mental health problems and felt more knowledgeable about the signs and symptoms of poor mental health.



100% STRONGLY AGREED OR AGREED THAT:



'EXCELLENT COURSE, EXCEEDED EXPECTATIONS. LEARNING ALREADY IN USE'