

## Access Horizon

If you currently or have previously experienced mental health problems, you can self refer or ask a health professional to refer you. Places are allocated on a first come, first serve basis.

## Get in Touch

Tel: 0207 604 5164 / 5190  
Email: [horizon@brentmind.org.uk](mailto:horizon@brentmind.org.uk)

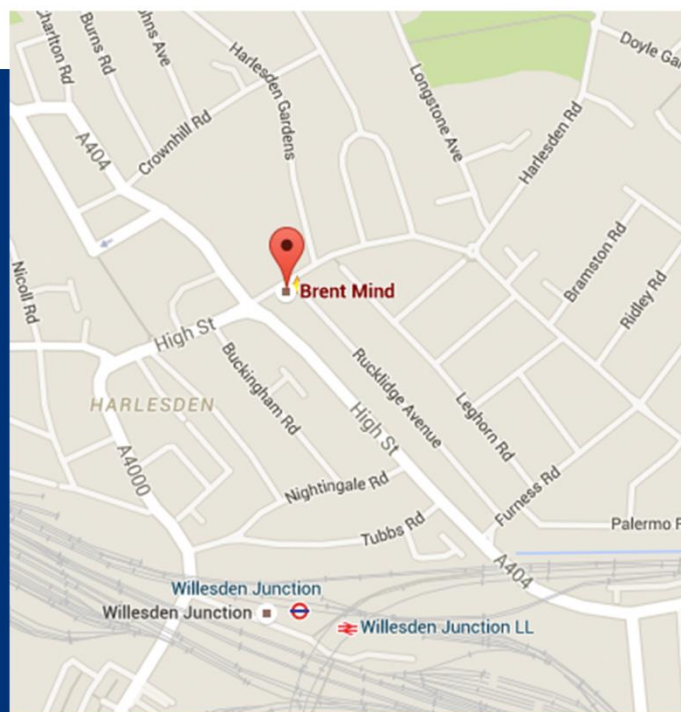
Or download a referral form at [www.brentmind.org.uk/services/horizon/](http://www.brentmind.org.uk/services/horizon/)



Making Change  
A Reality

## Peer Supporters

If you have experience of mental illness, we can provide training and support for you to become a peer mentor!



Brent Mind, Design Works,  
Park Parade, Harlesden,  
NW10 4HT



# What is Horizon?

Horizon offers people support to improve their health and wellbeing, helping people to achieve their goals and improve their lives.

## Mentoring Programme

Through our mentoring programme, we aim to build confidence, self esteem and resilience. Meet people in your area once a week for 6 - 12 months and gain support in improving your health and wellbeing.



## Job Club

Support with CV writing, job searches, applications and interview practice.

## Believe in Us

A safe space to discuss paranoid or unusual beliefs.

## Mindful Yoga

All abilities welcome! Yoga for mindfulness and relaxation. Only £1 per session!

## Group Befriending

Day trips in London to visit attractions and sites.

## Mutual Support Groups

Peer-led group, providing support with shared problems and experiences. An opportunity for members to support each other in their recovery.

## Walking Group

Go at your own pace and have a chat! Supported by group leaders and staff.

## Wellbeing Group

An 8 week programme focusing on physical and mental wellbeing. Covering stress, confidence, diet and exercise.

## Drop In

Quizzes, art, chat, listen to music and play games.