



# HORIZON HUB

Working with Parents, Carers and Young people to promote and support student Mental health and Wellbeing



For further advice and support email Mrs Dooley

Mental Health first aider and Drawing and Talking Practitioner  
[ddooley@horizonoat.co.uk](mailto:ddooley@horizonoat.co.uk)



## Adult Instant messaging service

Our opening times are:

Monday - 5pm-8pm

Thursday- 5pm-8pm

Friday- 12pm-3pm

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## Young people messaging service

Our opening times are:

Sundays (8pm-11pm)

Tuesdays (6pm-9pm)

Wednesdays (5pm-8pm)

Thursdays (6pm-9pm)

Fridays (8pm-11pm)



**MaccasZone**  
**(for 11-13 year olds)**

**Join our new Mental  
Health support group!**

**Venue: The Zone- Biddulph  
Church Rd, ST8 6NE**

**Every 2nd Tuesday of the  
month from 5:30-7:30pm!**

**Contact:**  
**[maccasproject@nsmind.org.uk](mailto:maccasproject@nsmind.org.uk)**  
**for more information!**

**Starting from**  
**12.09.23**

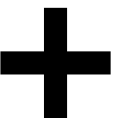


## Parent Zone:

## Where to get help

The NHS logo, consisting of the letters 'NHS' in a bold, blue, sans-serif font.The Young Minds logo, with 'YOUNG' in yellow and 'MINDS' in grey, both in a bold, sans-serif font.The Mind logo, featuring a blue circular icon with a white cross inside, followed by the word 'mind' in a blue, lowercase, cursive font.

- Sleeping
- <https://kidshealth.org/en/teens/tips-sleep.html>
- Eating
- <https://www.studentminds.org.uk/supportforafriend-eatingdisorders.html>
- <https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/treatment-support/>
- Gender Identity
- <https://www.youngminds.org.uk/young-person/coping-with-life/gender-and-mental-health/>
- Sexuality
- <https://www.teenissues.co.uk/howtocopewithyoursexualidentity.html>
- Loneliness
- <https://www.youngminds.org.uk/young-person/my-feelings/loneliness/>
- Anxiety
- <https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/>
- Panic attacks
- <https://www.youngminds.org.uk/young-person/my-feelings/panic-attacks/>
- Self Harm
- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/>
- Exam Tips
- <https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/tips-on-preparing-for-exams/>





## Student Zone:

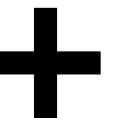
## Where to get help

**NHS**

**YOUNGMINDS**

**mind**

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- Gender Identity
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# *What are the benefits of sleep?*

1. Improves your attention and concentration
2. Learn and make memories
3. Helps you maintain a healthy weight
4. Keeps your heart healthy
5. Keeps your immune system strong
6. Looks after your emotional and mental wellbeing
7. Reduces your stress levels
8. Maintains good relationships



# How to sleep better

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1. Get into a daily routine
  2. Manage your worries
  3. Prepare your body for sleep
  4. Create a restful environment
  5. Confront sleeplessness

