Horn Trust

Mental Health & Wellbeing Guide

Understanding Mental Health

Mental health affects how we think, feel, and cope with daily life. Struggles with mental health are common, and reaching out is a sign of strength, not weakness.

Signs You May Need Support

- Feeling overwhelmed, hopeless, or constantly stressed
- Struggling to sleep or sleeping too much
- Feeling isolated or withdrawing from others
- Loss of motivation or interest
- Panic attacks, anxiety, or intrusive thoughts
- Difficulty coping with daily tasks

Types of Mental Health Support Available

1. Talking Therapies

- Counselling
- Cognitive Behavioural Therapy (CBT)
- Group therapy
- Trauma-informed support

2. NHS Mental Health Services

Your GP can refer you for:

- IAPT/Talking Therapies services
- Specialist mental health teams
- Medication reviews
- Crisis support

3. Peer Support Groups

Talking with others who share similar experiences can be powerful and grounding.

4. Crisis Support

If you feel unsafe or unable to cope, reach out immediately through crisis helplines or emergency services.

Self-Care & Wellbeing Tools

- Establish a routine
- Stay connected with supportive people
- Engage in regular exercise or fresh air
- Journaling or creative activities
- Limit alcohol, drugs, and caffeine
- Practice breathing techniques or mindfulness
- Ask for help—early intervention helps

Mental Health & Culture

We understand that mental health can be affected by cultural, religious, and family pressures. Our support is culturally sensitive, private, and judgment-free.

How Horn Trust Can Help

- Free or low-cost counselling
- Peer support groups
- Wellbeing workshops and resilience training
- Referrals to NHS and specialist services
- 1:1 emotional support and check-ins