

Could Momentum Be Right for Me?

A short guide from The Horizons Project

SUPPORT. STABILITY. MOMENTUM. OPPORTUNITY.

Sometimes the hardest part is not knowing what needs to happen next.

It is finding a way to keep moving when life becomes difficult, overwhelming or uncertain.

Momentum is the practical, relational support offered by The Horizons Project. It is designed to help people maintain progress between appointments and alongside the services already involved in their lives.

This guide is intended to help you consider whether Momentum may be useful for you.

What is Momentum?

Momentum provides encouragement, continuity and practical prompts between appointments.

It may help you hold onto progress when circumstances make it difficult to stay focused, organised or connected to the next step.

Momentum does not replace the professional support you already receive. Wherever appropriate, it works alongside existing services and helps you remain engaged with them.

Momentum may be useful if you are:

- finding it difficult to keep moving forward;
- feeling overwhelmed by appointments or life circumstances;
- struggling to remain engaged with existing services;
- looking for practical encouragement between appointments;
- going through a period of change or instability;
- finding that good intentions are being interrupted by anxiety, uncertainty or practical difficulties;
- wanting support to maintain progress rather than having to begin again each time things become difficult.

You do not need to have everything worked out before making contact. The first conversation is simply an opportunity to explain what is happening and explore whether Momentum may be an appropriate next step.

What Momentum can offer

Momentum may include:

- practical and relational support;
- encouragement between appointments;
- help identifying manageable next steps;
- prompts and reminders where these have been agreed;
- continuity during periods of uncertainty or change;
- support to prepare for or follow up appointments;
- help maintaining engagement with existing services;
- a flexible approach shaped around your circumstances;
- gradual support towards greater confidence and independence.

The exact approach will depend on your needs, circumstances and the support already around you.

What Momentum is not

Momentum is not:

- crisis or emergency support;
- counselling or therapy;
- medical, legal or financial advice;
- a formal clinical assessment;
- a replacement for health, housing, recovery, probation or other professional services;
- a service that takes control of decisions on your behalf;
- indefinite support without review or a clear purpose.

Horizons will be honest about its remit and limitations. Where Momentum is not appropriate, you may be encouraged to speak with a more suitable service or professional.

A few questions to consider

Momentum may be worth exploring if you answer yes to some of the following:

- Do I usually know what I need to do, but struggle to keep the process moving?
- Do I lose momentum between appointments?
- Do anxiety, overwhelm or practical difficulties make it harder to follow through?
- Would encouragement or a prompt at the right time help me take the next step?
- Am I trying to remain engaged with support but finding consistency difficult?
- Would it help to talk through what is happening in a calm, informal setting?
- Am I looking for support that works alongside, rather than replaces, the services already involved?

There is no score and no test to pass. These questions are simply intended to help you think about whether an informal conversation may be useful.

What happens if I make contact?

The first step is an informal, unpressured conversation.

This gives you an opportunity to:

- explain what is happening;
- ask questions about Momentum;
- discuss the support already involved in your life;
- consider what kind of help may be useful;
- explore whether Momentum falls within the Horizons remit.

If both you and Horizons feel that Momentum may be appropriate, the next steps will be explained clearly before support begins.

You will not be expected to make an immediate decision.

Working alongside existing support

Momentum is designed to complement the support you already receive.

Positive change often develops in the time between appointments, when encouragement, continuity and practical prompts can help you remain connected to the next step.

Where appropriate, and with your consent, Horizons may work alongside the professionals or organisations already supporting you.

Any limits around confidentiality, consent and information sharing will be explained before support begins.

When Momentum may not be suitable

Momentum may not be appropriate where:

- immediate crisis or emergency intervention is needed;
- specialist clinical or therapeutic support is required;
- there is a need for legal, medical or regulated professional advice;
- the requested support falls outside the Horizons remit;
- safe and appropriate working arrangements cannot be agreed.

Where possible, Horizons will explain this honestly and may suggest that you contact a more appropriate service.

The next step

You do not need to be certain that Momentum is right for you before getting in touch.

The purpose of the first conversation is to explore that question together.

Email: hello@horizonsproject.uk

Website: www.horizonsproject.uk

Important note

The Horizons Project provides non-clinical, practical and relational support.

It is not an emergency or crisis service.

If you or someone else is in immediate danger, contact the emergency services or an appropriate crisis service.

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