

JOIN HORYZONS!

Horyzons is a **digital platform** that allows you to connect with individuals with similar lived experience across NC in a **low stress and fun way!**

Ask your clinician or peer support worker about the Horyzons study!

Or contact us at Horyzonsproject@unc.edu or via the form using the QR code



IS HORYZONS FOR YOU?

Horyzons is a social network **without the bragging and the chasing of likes.**

It's an online **community** for **people with experiences like yours!**

On Horyzons, you can choose to **learn new skills** at your own pace.



Horyzons has been associated with better school and work!

Those who actively engaged with the platform showed **improvements in social functioning, and negative symptoms such as loneliness and depression**