



Horses Assisting You

Equine Assisted Therapy and Personal Development.

Horses Assisting You (HAY) is a unique program which provides opportunities to grow and heal through activities with horses.

Our service is confidential and respectful of your needs, circumstances and culture.

Why Horses?

Your experiences with the horses mirror everyday life. Horses always give humans immediate, non-judgmental, and unbiased feedback. They provide endless opportunities for you to learn more about yourself. Working with horses is an innovative alternative to traditional counselling.

What can I expect?

You will be able to experiment, problem solve, take risks, try new ways, and find solutions that work best for you. You will learn through experiences, as it's a short term, brief model. There is no riding involved, no previous horse experience is necessary, and we do not teach horsemanship skills (the horses are free in the paddock).

At the end of each activity you will have time to reflect and talk about what happened. After each session you will take away key experiences and learnings that can be used in everyday life.

HAY can assist people of all ages with:

- Depression, stress and anxiety.
- Anger issues.
- Grief and loss.
- Self-esteem.
- Living with a disability.
- Addiction and substance abuse.
- Post-Traumatic Stress Disorder.
- Family Violence and conflict.
- Relationships and parenting.
- Autism and behavioural issues.
- Leadership and professional development.
- Coping with difficult life stages or events such as adolescence, the birth of a child, unemployment, and chronic illness.
- Developing personal boundaries, interpersonal communication and problem solving.

#YOLO LiveWell

You only live once, live well.

Where is HAY provided?

Seymour and Eden Park.

There are four keys to the success of the Equine Assisted Growth and Learning Association (EAGALA) Model:

- **Code of Ethics:** EAGALA was founded in 1999 in the USA, and all Horses Helping Humans professionals are qualified to deliver the program. EAGALA provides us with an International Code of Ethics to adhere to and practice under.
- **Team Approach:** The sessions involve a Mental Health Professional, an Equine Specialist and the Horses.
- **Solution Focused:** The program allows individuals or groups to find the best solutions for themselves, learning through experiences.
- **Focus on the Ground:** There is no riding involved and no previous horse experience is necessary.

Nexus has been working closely with the Charles Darwin University for the past 2 years to expand the research.

Accessing this service:

- You can refer yourself to this service by contacting us on 1300 77 33 52, or a family member, parent or care giver can refer you.
- This service is available through **self-funded (fee paying)** system. Speak to our team about fees.
- Horses Assisting You sessions can be purchased by schools, government departments, support agencies, and through packages such as Targeted Care Packages. Speak to our team to see how this might apply to you.



Need help?

To find out more about Nexus, please contact us on:

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