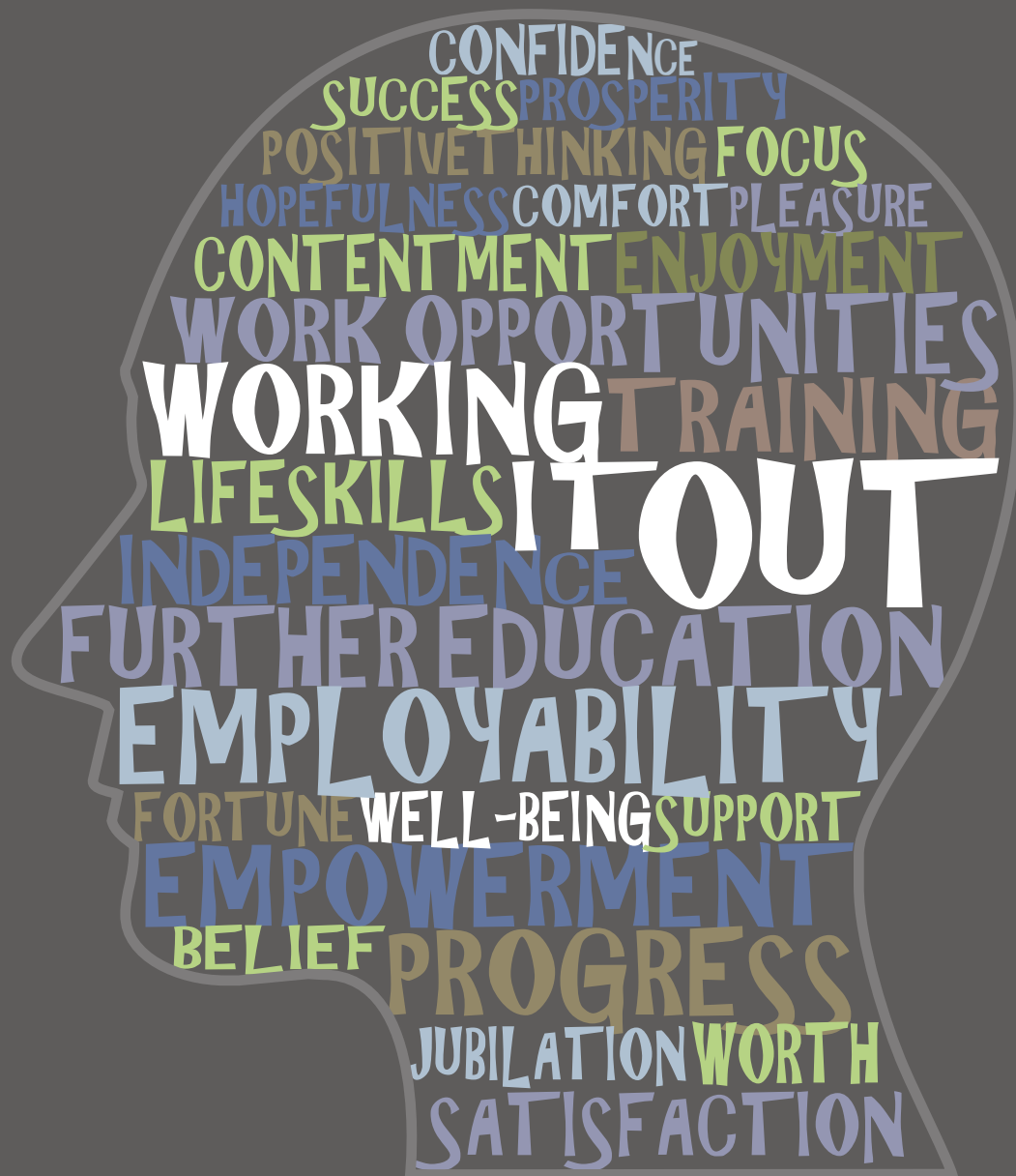




action mental health



Action Mental Health aims to enhance the quality of life and the employability of people with mental health needs or a learning disability.

AMH

At AMH we provide our clients with many opportunities to be as active as possible, physically, socially and mentally. We encourage them to adopt a healthier lifestyle and to widen their social networks. We also provide them with the tools to build a better future, set personal goals, learn coping skills, and become more employable.

- We are committed to promoting positive health and wellbeing.
- We are supporting our clients to lead independent lives by providing services that meet their needs.
- We are helping them build a positive and meaningful future.
- We are promoting the positive links between health and work and helping people with mental health issues to find and stay in employment.
- We are giving those who lack work experience, the opportunity to develop confidence and skills in a work environment through employment programmes, volunteering and supported work environments.

"I am so happy here. It has made me feel very well. I have a purpose to get up every day, have made new friends and learnt so much!"

"I am glad to be here, it has helped me a lot. The staff are brilliant and supportive"

"I'm back living with my family, in paid employment and most importantly I look forward to each day"

www.amh.org.uk

Our Services

AMH New Horizons helps people to overcome the effects of mental ill health and in many cases return to work. We offer a range of recognised qualifications and provide training, personal development programmes and social and recreational activities. We operate the New Horizons service in AMH units across Northern Ireland and increasingly deliver a variety of courses in community based venues.

Located in Lisburn, **AMH Accept** offers training on a part-time basis including work preparation, guidance, support and access to training, leading to qualifications for people with mental health needs. Based in the same unit, AMH **The Junction** is a service for young people with mental ill health between the ages of 18-30 exclusively and focuses on their social and vocational needs. The programme comprises of both drop in and organised activities.

AMH Promote in Bangor is a training centre which delivers training to adults with learning disabilities, with a view to progression to employment options, social inclusive groups and/or further education.

AMH Works is our consultancy and training service. Specialising in positive mental health and wellbeing we provide a range of training and consultancy services which helps organisations in the private, public and voluntary sectors, build healthy, resilient and productive workplaces. More information can be found on our website www.amh.org.uk

AMH MensSana supports young people and their key contacts in the area of mental health and emotional wellbeing through a range of activities tailored to suit group needs. AMH MensSana operates across the Southern Trust and Library Board area.

AMH aims to source and support employment opportunities, training placements and further training for people engaging in the **AMH Employment Programme**. There are many options available to employers and clients. More details can be found on our website www.amh.org.uk

"I took advantage of every course that New Horizons offered, as it helped me gain inner strength"

"Due to my voluntary placement my confidence and self esteem have also improved"

"I have nothing but praise and admiration for the staff who work so hard to help people like me come back to life"

"Working in this project has enhanced my life and boosted my confidence"



action mental health

AMH is one of a small number of IIP Champion organisations in Northern Ireland. The organisation's strong and sustained commitment to the delivery of excellence is also recognised through its attainment of ISO 9001, Charter Mark and Customer Service Excellence recognition in addition to National Training Awards and a UK Charity Award.

Action Mental Health

Central Office
27 Jubilee Road
Newtownards
Co Down
BT23 4YH

Tel: 028 9182 8494
Email: info@amh.org.uk
Twitter: @amhNI
Web: www.amh.org.uk

Follow us on:



This project is part funded by the European Social Fund and The Department for Employment and Learning under Priority 1 of the N. Ireland ESF programme 2007-2013



**INVESTORS
IN PEOPLE** | Champion