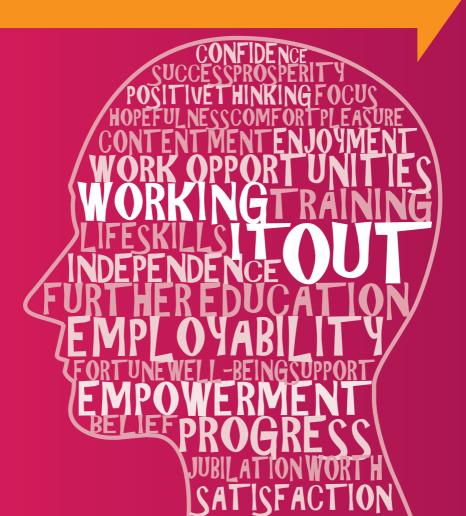


Your **next** step. What will it be?





You are:

- Keen to get back in to a work or training environment
- Recovering from mental health issues
- · Not employed

What you're looking for:

- Volunteer work
- Part-time work
- Permitted work
- Full-time employment
- · Training or further education

What we can help with:

- A service tailored to you
- Finding the paid and voluntary work or training placement you want
- Supporting you with your CV, job search, applications and interview
- Providing ongoing support for up to 18 months

How to get involved:

Speak to your local...

- Community Mental Health Team
- Condition Management
 Team
- · Jobs and Benefits Office
- Action Mental Health Employment Officer

AMH New Horizons

27 Jubilee Road Newtownards BT23 4YH

Employment Officers:

Aileen McClenaghan

E: amcclenaghan@amh.org.uk

Katrina McIlmail

E: kmcilmail@amh.org.uk

T: 028 9182 2410



European
Union
European
Social Fund
Northern Ireland



This project is part funded through the Northern Ireland European Social Fund Programme 2014 – 2020 and the Department for Employment and Learning