

**Are you unemployed** and in receipt of Employment and Support Allowance, Disability Living Allowance or Severe Disablement Allowance?

Then the AMH Employment Programmes can help. We can offer you the following options:

#### Training Programmes

AMH offers a range of Accredited Training Programmes, including courses to enhance your employability skills. These include CV Preparation, ECDL, CLAIT and a range of NVQ's.

#### Personal Development Programmes

AMH offers a range of Personal Development Programmes aimed at increasing the confidence and self esteem of programme participants, which in turn will improve your employability skills. Courses include Confidence Building, Assertiveness Training and Communication Skills.

#### Work Based Training Placement

Provides the opportunity for a work placement with support for up to 52 weeks. It also supports training identified in your own action plan.

#### Voluntary Work

AMH can help you access a range of voluntary opportunities in line with your interests and capabilities.

#### Permitted Work (PWLL, PWHL, SPW)

A government scheme. You will be able to work less than 16 hours per week and may retain existing benefits (rules apply).

#### Further Training & Education

AMH will support those wishing to return to full or part-time education or taking part in government training schemes.

#### On-going Support

Once in a work setting you and your employer may receive on-going support for an agreed period of time to ensure you are able to remain in your chosen occupation.

#### Work Connect

Designed to support individuals move from incapacity related benefits into lasting, paid employment. This includes up to 26 weeks of pre-employment support where clients are offered a range of interventions to improve their employability skills and assist them to secure employment. Once in employment clients may avail of 26 weeks of on-going support to ensure a smooth transition back into the workplace.



**Are you unemployed** and in receipt of Job Seekers Allowance?

We can offer you the following options:



#### Training Programmes

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#### On-going Support

Once in a work setting you and your employer may receive on-going support for an agreed period of time to ensure you are able to remain in your chosen occupation.

**Are you currently employed** but your health is affecting your ability to do your job, or are you at serious risk of losing your job as a result of your health?

Then the AMH Employment service can help.

#### Workable NI



Workable (NI) is a flexible programme which supports people with disabilities to access paid employment of 16 hours or more or currently in work, but are at serious risk of losing your job as a result of a disability.

If you have had to deal with stress, anxiety, depression or some other form of mental illness, then with the help and support from the AMH Employment Support Officer, we will encourage your own personal development and independence back to work.

The individually tailored support may include; personal development planning, ongoing support from AMH, relevant training identified to improve your qualifications or skills in the workplace, confidence building training as well as one to one counselling etc.



## Ask about AMH

We accept referrals from:

**Mental Health Professionals  
JBO Employment Advisers  
Condition Management Practitioners**

You and your referral agent will be invited to visit AMH and you will have the opportunity to see the range of programmes that are available and decide whether AMH will meet your particular needs



Your referral agent will complete a referral form and forward it to the appropriate AMH service



A meeting will be arranged to confirm and expand information detailed on the referral form and to explore your goals and aspirations



Arrangements will be made for you to attend the service

From its inception in 1963, AMH has grown to be one of the largest mental health and learning disability voluntary sector organisations in Northern Ireland. We have an established track record in providing a range of unique high quality services, helping more than 1700 people every year across the region.

AMH New Horizons provides a range of vocational training, personal development and employment support services. Our Employment Officer is available for one to one support and guidance. We can also sign-post you to other Government Training and Employment Programmes.



action mental health

# Have you experienced **mental ill health?**

Would you like to  
**develop new skills,  
gain qualifications and  
improve your career  
opportunities?**

**Contact your local Employment Officer:**

**Andrea Warwick**  
[awarwick@amh.org.uk](mailto:awarwick@amh.org.uk)

**AMH New Horizons Derriaghy**  
**44-46 City Business Park**  
**Dunmurry BT17 9GX**

**Tel: 028 9062 9759**



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AMH Action Mental Health, accepted as a charity by the Inland Revenue under reference XN47959. Registered in Northern Ireland: 27 Jubilee Road, Newtownards, BT23 4YH. Company No. NI5568.



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[www.amh.org.uk](http://www.amh.org.uk)

## Just ask about AMH