

Did you know...?

- Mental illness is one of the largest single health problems in our society
- Adults with mental health problems are one of the most excluded groups in society
- 1 in 5 people aged 16-25 years are affected by mental health problems
- Around 1.5 million people in the UK have a learning disability and this figure is expected to rise



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 8 New Horizons services in 10 locations and increasingly deliver a variety of course 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 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 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.

Please return completed sponsorship forms to:

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