

Has alcohol impacted on your mental health?

Would you like to change but don't know where to start?

Quest can help you find what you are looking for - a positive future.

Quest will not only provide support but enable you to reduce harm by giving you opportunities to get involved in practical activities which promote a healthier lifestyle.

Promoting positive lifestyle choices

Reducing the resulting negative impact on mental health

For more information contact:
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QUEST
amh FINDING YOUR FUTURE

Open
Wednesday - Sunday
9.30am - 3.30pm

Reducing the impact of misusing alcohol on individuals, families and communities

Meet people facing the same challenges as you are, and together you can shape Quest

AMH New Horizons
Springtown
Industrial Estate
T: 028 7137 3502



Western Health and Social Care Trust