



If you would like any further information or would like to speak to us about mental health issues in the workplace or your community, we would love to hear from you.

You can contact Gary Kane at:

AMH Works

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AMH Works

Action Mental Health (AMH) is a leading voluntary sector organisation with over 50 years experience in promoting positive mental well-being and supporting the recovery of people with mental health problems, including helping them to access employment.

AMH Works provides Consultancy and Training to employers providing them with responsive solutions to a range of problems caused by stress and mental health issues which ultimately affect the bottom line. Our approach is one of working with employers to identify customised approaches and interventions which will generate solutions with due regard to the culture, policies, practices and the operating environment which each employer works within.

Our vision is to support “Healthy, resilient workplaces where people contribute their best and in doing so achieve more together for themselves and the business. We share a passion for helping leaders, managers, and professionals to realize this vision and by doing so reap the rewards.”

Our Promise

Our commitment lies in helping employers and employees to get the help they need when they need it. Our services are therefore flexible, tailored, responsive and most importantly, solutions focused. Building upon tried and tested approaches which work, we offer employers a range of training and consultancy services.

Our Services

Consultancy

- Stress and wellbeing policies/strategies/plans
- Stress coaching for improved resilience
- Counselling
- Wellbeing programmes
- Wellbeing communications, publicity, events and campaigns
- Employee Assistance Programmes

Training

Mental Health Awareness

This programme can be delivered over a half day or full day. It is designed to help employees understand what mental health is, how to look after their mental health and the link between good mental wellbeing and workplace performance.

Stress Management

This programme can be delivered over a half day or full day. The programme aims to help Line Managers in particular to better recognise the symptoms and know how to support employees with mental health problems through appropriate interventions.

Personal Resilience

Recognising that change happens and not everyone can deal effectively with change, the Personal Resilience programme provides employees and employers with the knowledge required to help them better deal with life and workplace changes.

Mindful Manager

Effective management is essential in today's workplace. The Mindful Manager programme gives managers the confidence and techniques required to spot any issues staff may be having in the workplace and facilitate a solution before issues cause significant loss of productivity or absenteeism.

Other programmes

AMH Works offers a range of other training programmes including:

- ASIST (Applied Suicide Intervention and Skills Training)
- Mental Health First Aid
- SafeTalk.

