Social & Recreational Activities may include:
- Walking Group
- Cycling
- Boccia
- Golf
- Day Trips
To name a few!

How can you join AMH New Horizons Craigavon & Banbridge?
Referrals can be made by:
- Your mental Health key worker in your local Health Trust
- Employment Advisor from the Jobs and Benefits Office, OR
- Contact the service directly for further information

AMH New Horizons
13 Church Street
Portadown
BT62 3LN
T: 028 3839 2314
www.amh.org.uk

Opening Hours
Mon–Thurs: 9.00am–5.00pm
Fri: 9.00am–4.00pm

Follow us on: Twitter, Facebook, Instagram

Action Mental Health NIC100753
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AMH New Horizons assists adults recovering from mental ill-health. We offer a range of person-centred programmes in a friendly, relaxed atmosphere to support your recovery.

**Mission statement**
To make a positive difference to people's mental health and wellbeing.

**Our Vision**
A society which actively values and supports people on their journey to positive mental health.

AMH provide a range of training programmes to help you increase your confidence and self esteem, gain new skills, qualifications and improve your career opportunities.

**Vocational Skills training may include:**
- Business Administration
- Horticulture
- Digital Photography
- Customer Service
- ECDL
- Basic Computers
- Creative Crafts

The AMH Employment Programme aims to prepare, place and support you to increase your skills and, if you wish to, access employment.

**Options are:**
- Accredited employment courses to improve job search and interview techniques
- Training placements
- Paid Work
- Voluntary work
- Further Education/Training

**The Personal Development programmes may include:**
- Anxiety Management
- Promoting Health & Wellbeing
- Learning from Life
- Essential Skills
- Cook IT
- Stress Management
- Confidence & Self Esteem
- Motivation
- Assertiveness

**Having your say:**
- We want to hear your views on our service
- Your suggestions for planning and service delivery are valued
- You can have your say by joining our Client Local Advisory Group (CLAG)