Social & Recreational Activities may include:
- Archery
- Football
- Walking Group
- Art
- Digital Photography
- Fishing
- Badminton
- Yoga & Relaxation

How can you join AMH New Horizons Downpatrick?
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

Have you experienced Mental Ill Health?
Would you like to develop new skills, gain qualifications and increase your opportunities?

AMH New Horizons
3 Ballydugan Road
Downpatrick
BT30 6TE

T: 028 4461 3791
www.amh.org.uk

Opening Hours
Mon–Thurs: 8.30am–4.30pm
Fri: 8.30am–3.15pm

Follow us on: 

Action Mental Health NIC100753.
This leaflet has been produced with the help of AMH’s Client Advisory Groups.

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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.

The Personal Development programmes may include:
- Emotional Wellbeing
- Stress Management
- Building Confidence and Self Esteem
- Improving Motivation
- Improving 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)

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
- Permitted work

Vocational Skills training may include:
- IT Digital Skills
- Customer Service
- Drama
- ECDL
- Horticulture
- Digital Photography