How can you join AMH New Horizons Fermanagh?

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

BOOST is a young people’s programme for 18–25 year olds experiencing mental health challenges.

BOOST aims to help re-build confidence and self-esteem to enable participants to re-engage in mainstream education and/or employment. The programme runs a range of personal development, vocational & employability programmes along with a range of fun activities e.g. canoeing, horse riding, go-karting and off-road driving.

Contact Caroline Ferguson or Sean Connolly on 02866323630 for more information.

Social & Recreational Activities may include:

✓ Pottery
✓ Guitar Lessons
✓ Digital Photography
✓ Canoeing
✓ Day Trips
✓ Cycling
✓ Walking Club

Have you experienced Mental Ill Health?

Would you like to develop new skills, gain qualifications and increase your opportunities?

AMH New Horizons
7 Cherrymount Road
Drumcoo
Enniskillen
Co Fermanagh
BT74 4GN

T. 028 6632 3630
www.amh.org.uk

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

Follow us on:

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.

The Personal Development programmes may include:
- Emotional Wellbeing
- Stress Management
- Confidence and 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)

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

Vocational Skills training may include:
- Health & Social Care
- Catering/Hospitality
- Customer service
- ECDL
- Horticulture
- Woodwork