

## Health and Wellbeing

Supporting your recovery and positive mental health and wellbeing through:

- ✓ Day trips
- ✓ Peer support
- ✓ Community events
- ✓ Recreational activities

## Client Testimonial

*Sometimes when we are lost on the wrong path in life it can lead to all the right places"*

*Thank you New Horizons and Action Mental Health for lighting that path and showing me the way to the colour of my dreams.*

Deborah Carvill

How can you join AMH New Horizons North Down & Ards?

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

27 Jubilee Road  
Newtownards  
BT23 4YH

T. 028 9182 2410  
[www.amh.org.uk](http://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.



This project is part funded through the Northern Ireland European Social Fund Programme 2014 – 2020 and the Department for the Economy.

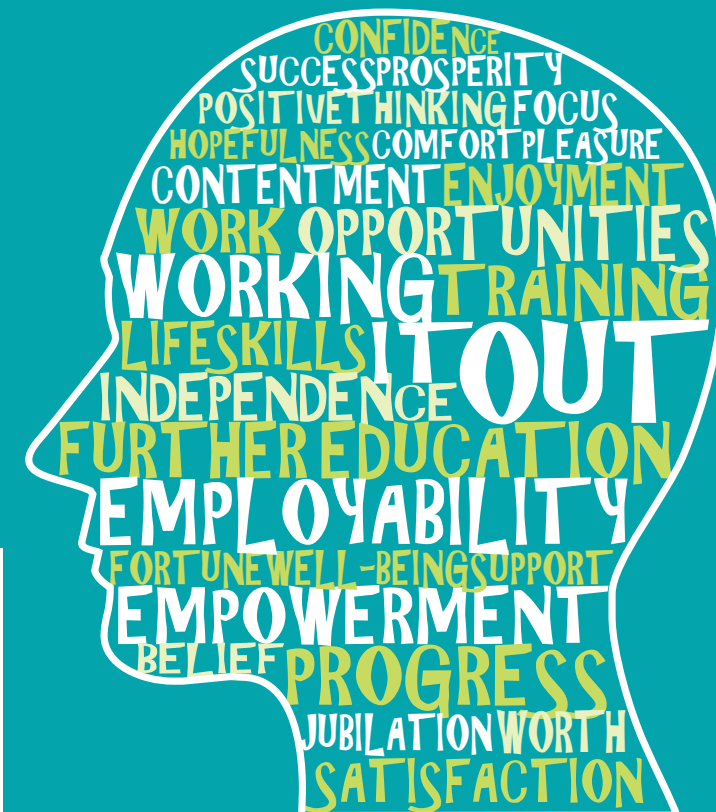


new horizons

NORTH DOWN & ARDS

## Have you experienced Mental Ill Health?

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



**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:

- ✓ Confidence & Self-esteem
- ✓ Stress Management
- ✓ Healthy Lifestyles
- ✓ Decision making
- ✓ Motivation
- ✓ Recovery

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)

Vocational Skills training may include:

- ✓ Retail
- ✓ Catering
- ✓ Computer skills
- ✓ 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