Social & Recreational Activities may include:
- Long & Short Walks
- Walking football
- Art Groups
- Day Trips

How can you join AMH New Horizons Newry & Mourne?

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
An Storas
28 Cornmarket
Newry
BT35 8GB
T: 028 3026 6117
www.amh.org.uk

Opening Hours
Mon–Thurs: 8.30am–4.30pm
Fri: 8.30am–3.15pm
(Tea break any 15 minutes between 9.00am & 9.45am)

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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:
- Stress management
- Confidence and Self Esteem
- Diversity in Society
- Skills for Herb Cultivating
- Managing a Personal Budget
- Career Preparation
- Health & Hygiene

**Vocational Skills training** may include:
- Business Administration
- Retail
- Work Preparation
- Personal Skills
- Horticulture
- ECDL
- CLAIT

**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

**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)