

Social & Recreational Activities may include:

- ✓ History of Belfast
- ✓ Arts & Craft
- ✓ Creative Writing
- ✓ Musical Choir
- ✓ Photography

How can you join AMH New Horizons Belfast?

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 BELFAST

Have you experienced Mental Ill Health?

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

AMH New Horizons

Level 2 Fisherwick Building
9 Upper Queen Street
Belfast
BT1 6FB

T. 028 9027 8283
www.amh.org.uk

Opening Hours

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

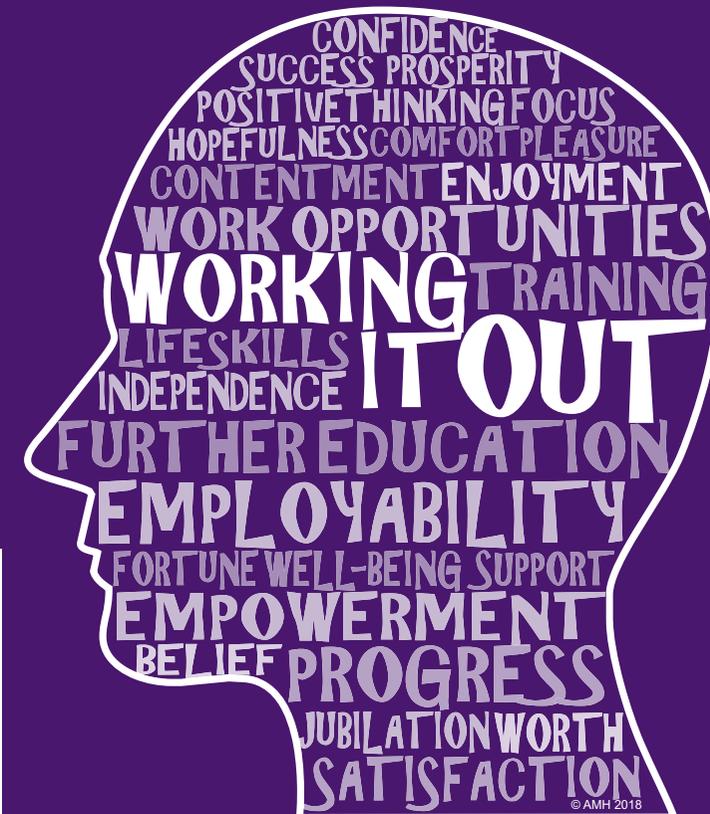
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Action Mental Health NIC100753.

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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:

- ✓ Healthy Living
- ✓ Stress Management
- ✓ Confidence and Self Esteem
- ✓ Motivation
- ✓ Assertiveness
- ✓ Mental Health Awareness

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:

- ✓ Health & Social Care
- ✓ ECDL
- ✓ Computer Online Basics

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