For more information, contact your local AMH New Horizons service:

**Antrim**
4a Steeple Road
Antrim
BT41 1AF
T: 028 9442 8081

**Belfast**
Level 2
Fisherwick Building
9 Upper Queen Street
Belfast
BT1 6FB
T: 028 9027 8283

**Craigavon & Banbridge**
13 Church Street
Portadown BT62 3LN
T: 028 3839 2314
Kilvargan Road
Craigavon BT66 6LF
T: 028 3834 2220

**Derriaghy**
44-46
City Business Park
Dunmurry
BT17 9GX
T: 028 9062 9759

**Downpatrick**
3 Ballydugan Industrial Estate
Ballydugan Road
Downpatrick
BT30 6TE
T: 028 4461 3791

**Fermanagh**
7 Cherrymount Road
Drumcoo
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BT74 4GN
T: 028 6632 3630

**Foyle**
Unit 13 Springtown Industrial Estate
Springtown Road
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BT48 0LY
T: 028 7137 3502

**Newry & Mourne**
An Stóras
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BT35 8BG
T: 028 3026 6117

**North Down and Ards**
27 Jubilee Road
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This project is part funded through the Northern Ireland European Social Fund Programme 2014 – 2020 and the Department for the Economy.

www.amh.org.uk

Follow us on
At AMH New Horizons we support the recovery of adults experiencing mental ill health who are interested in progressing towards further education / training or employment.

Our ESF “Working it Out” project provides a comprehensive programme of specialist training in:

- Personal Development
- Vocational Skills
- Employability

To join the “Working it Out” project individuals should contact their local Community Mental Health Team, Conditions Management Programme or Jobs & Benefits Office about a referral, or contact their local AMH New Horizons service directly for further information.

The “Working it Out” project is part funded through the Northern Ireland European Social Fund Programme 2014-2020, the Department for the Economy and the five NI Health & Social Care Trusts.

People experiencing mental ill health are identified as one of the most disadvantaged groups when securing and retaining employment.

The “Working it Out” project aims to help individuals access employment or further education/training opportunities and enhance social inclusion thereby reducing poverty and discrimination.

Our staff will work with individuals to enable them to identify personal well-being and employability goals.

Through a person centred approach, we support the development and review of individually tailored action plans.

Specialist staff deliver accredited training and support work based training placements, enabling individuals to progress towards voluntary work, further training/education and employment.