

## Client Testimonials

*"I feel New Horizons has equipped me to face new challenges with positivity and my outlook on life is a lot brighter with hope for the future. It is a warm and welcoming place with lots of opportunities and I would thoroughly recommend the service to everyone."* Wayne

*"I am very glad that I made the decision to attend New Horizons and after completing a number of courses I was supported back into employment."* Donna

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  
E. [cdcards@amh.org.uk](mailto:cdcards@amh.org.uk)  
[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.

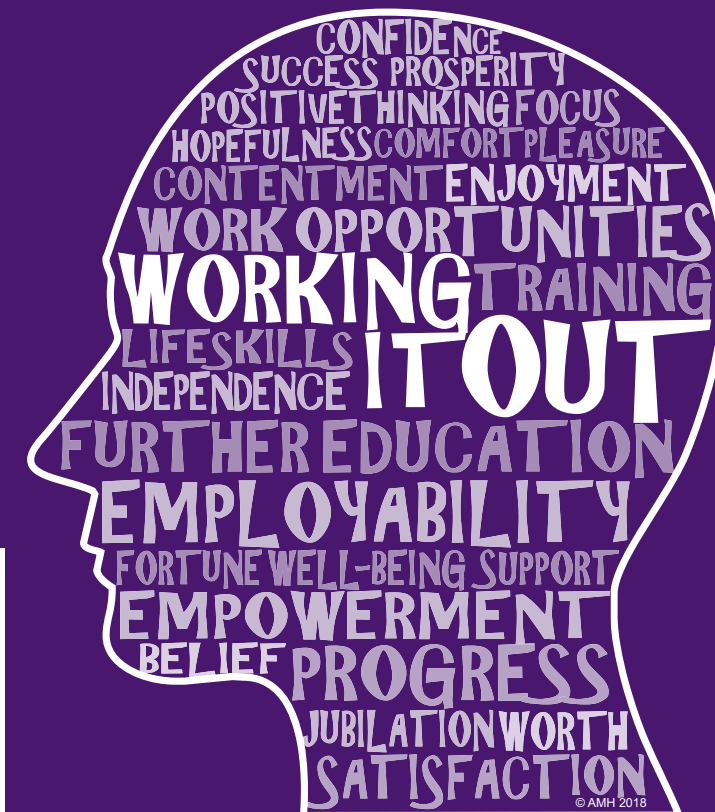


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**amh** new horizons  
NORTH DOWN & ARDS

## 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

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

**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)