

Social & Recreational Activities may include:

- ✓ Archery
- ✓ Walking Group
- ✓ Art
- ✓ Digital Photography
- ✓ Fishing
- ✓ Badminton
- ✓ Yoga & Relaxation

How can you join AMH New Horizons Downpatrick?

Referrals can be made by:

- ✓ Your mental Health key worker in your local Health Trust
- ✓ Social prescribers within GP surgeries
- ✓ Employment Advisor from the Jobs and Benefits Office, OR
- ✓ Contact the service directly for further information

**amh** new horizons  
DOWNPATRICK

## Have you experienced Mental Ill Health?

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

### AMH New Horizons

3 Ballydugan Road  
Downpatrick  
BT30 6TE

T. 028 4461 3791  
[www.amh.org.uk](http://www.amh.org.uk)

### Opening Hours

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

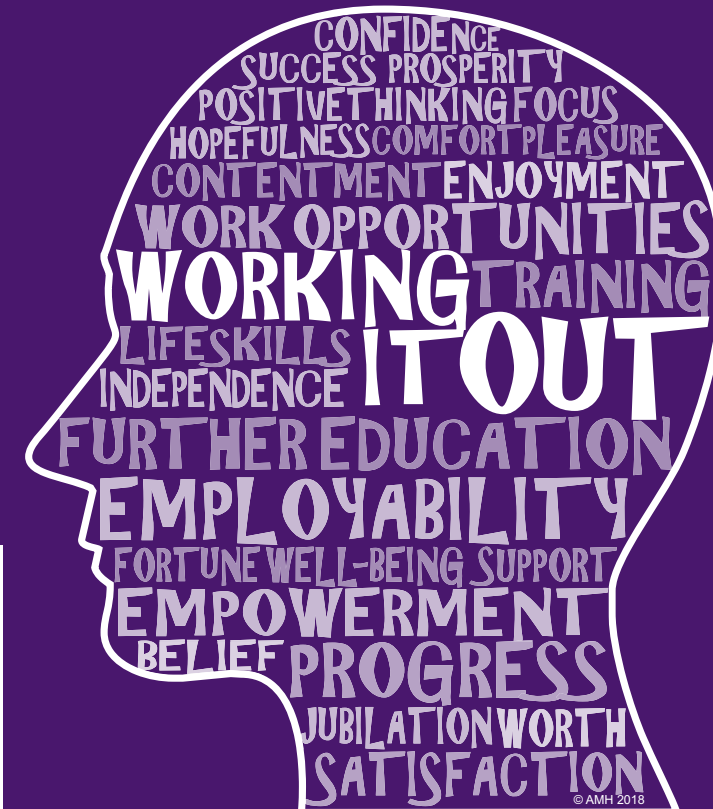
Follow us on:   

Action Mental Health NIC100753.

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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:

- ✓ Emotional Wellbeing
- ✓ Stress Management
- ✓ Building Confidence and Self Esteem
- ✓ Improving Motivation
- ✓ Improving Assertiveness

You can have your say by:

- ✓ Joining our Client Local Advisory Group (CLAG)
- ✓ Attending general client meetings
- ✓ Completing suggestion cards

Vocational Skills training may include:

- ✓ IT Digital Skills
- ✓ Customer Service
- ✓ Drama
- ✓ ECDL
- ✓ Horticulture
- ✓ Digital Photography
- ✓ Health & Social Care

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
- ✓ Permitted work