

Social & Recreational Activities may include:

- ✓ Walking Group
- ✓ Cycling
- ✓ Drama
- ✓ Golf
- ✓ Day trips

To name a few!

How can you join AMH New Horizons Craigavon & Banbridge?

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  
CRAIGAVON & BANBRIDGE

## Have you experienced Mental Ill Health?

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

### AMH New Horizons

13 Church Street  
Portadown  
BT62 3LN

T. 028 3839 2314  
[www.amh.org.uk](http://www.amh.org.uk)

### Opening Hours

Mon-Thurs: 9.00am-5.00pm  
Fri: 9.00am-4.00pm

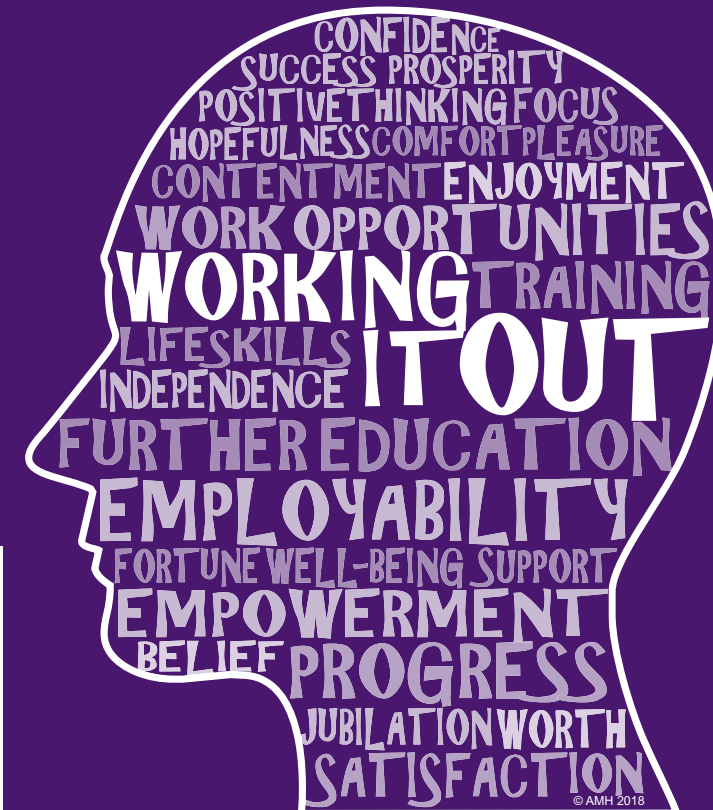
Follow us on:   

Action Mental Health NIC100753.

This leaflet has been produced with the help of AMH's Client Advisory Groups.



This project is part funded through the Northern Ireland European Social Fund Programme 2014 – 2020 and the Department for the Economy.



**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 well-being.

**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:

- ✓ Anxiety Management
- ✓ Promoting Health & Well-being
- ✓ Essential Skills
- ✓ Stress Management
- ✓ Confidence & Self-esteem
- ✓ Assertiveness

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:

- ✓ Business Administration
- ✓ Horticulture
- ✓ Digital Photography
- ✓ Health & Social Care
- ✓ ECDL & Basic IT
- ✓ Presentation & Team Work skills

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