

Social & Recreational Activities may include:

- ✓ Walking Group
- ✓ Arts & Crafts
- ✓ Creative Writing
- ✓ Ukulele
- ✓ Day Trips

To name a few!

How can you join AMH New Horizons Lisburn?

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
LISBURN

Have you experienced Mental Ill Health?

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

AMH New Horizons

21c Railway Street
Lisburn
BT28 1XG

T. 028 9062 9759
www.amh.org.uk

Opening Hours

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

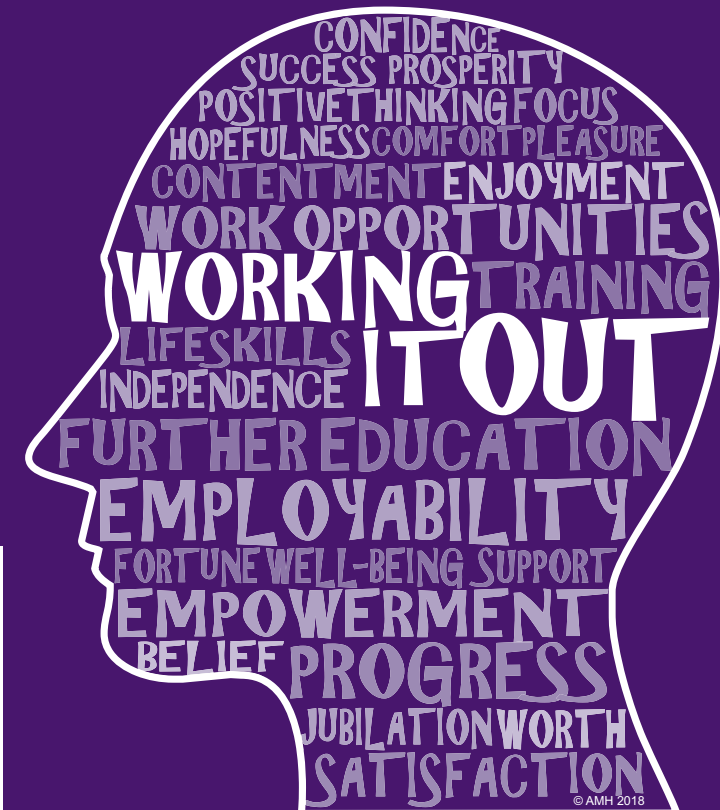
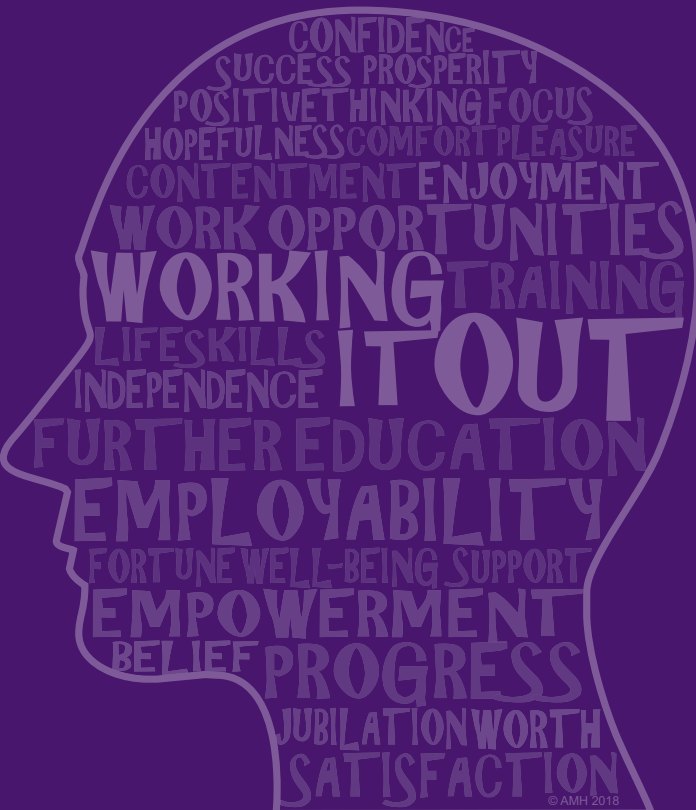
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Action Mental Health NIC100753.

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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 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:

- ✓ 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