Since 1963, Action Mental Health have been supporting recovery, building resilience, raising awareness and promoting positive mental health.

Please send your completed sponsorship form to:

Brian Hughes AMH New Horizons An Storas, 28 Cornmarket Newry BT35 8BG T028 3026 6117

We want to stay in touch and to keep you updated about AMH, please let us know how you would like to hear from us:

I'm happy to be contacted by (please tick all that apply)

Post	Yes No	Phone	Yes No	
Email	Yes No			

Signed _____

Date

Our promise to you

Your details are safe with us. We will never share them with anyone else. Action Mental Health promises to respect any personal data you share with us and treat it in accordance with the Data Protection Act. You can change your contact preferences at any time, simply call, email or write to us at the address details below.

Action Mental Health, Central Office, 27 Jubilee Road, Newtownards, Co Down, BT23 4YH, T: 028 9182 8494 E: <u>fundraising@amh.org.uk</u>



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#TakingActionOnMentalHealth

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Taking action on mental health

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