

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: fundraising@amh.org.uk



action mental health

www.amh.org.uk



Registered with
FUNDRAISING
REGULATOR



@amhNI

Action Mental Health, accepted as a charity by the Inland Revenue under reference XN47959. Registered in Northern Ireland: 27 Jubilee Road, Newtownards, BT23 4YH. Company NO NI5568. Registered with the Charity Commission for Northern Ireland NIC100753

Sponsored
WALK

Omeath to Carlingford 6km

#TakingActionOnMentalHealth



Join Team AMH!
Saturday 4th August
2018

Name	
Address	
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Taking **action** on mental health

