



# IMPACT REPORT 2017/18

#TakingActionOnMentalHealth

www.amh.org.uk

**Action Mental Health** changes the lives of those living with mental ill health and promotes resilience and well-being to future generations.



### Our Vision

A society which actively values and supports people on their journey to positive mental health.



### Our Mission

To make a positive difference to people's mental health and well-being.

## Our values



**Passion** We are passionate about, and dedicated to, our clients and we are totally committed to realising the mission, vision and values of the organisation.



**Empowerment** Our models of practice will be evidence based, and aimed at empowering our client, enabling them to make decisions about their lives, and their recovery.



**Excellence** We will strive to deliver excellent service standards, consistently wherever and whenever we engage. Our clients can expect modern and innovative service delivery.



**Respect** Dignity and respect are at the core of everything we do - for our clients, colleagues and wider community.

**We will act in a trustworthy manner in all we do.**

**Action Mental Health** is a voluntary organisation which supports people's mental health and well-being through vocational training, supported employment options, personal development, health and well-being programmes and resilience building.

*"My future is much brighter now through attending Action Mental Health, I am not afraid to be open and honest about my mental health!"*

Jennifer

*"Without the support of Action Mental Health, I would not be where I am today."*

Peter

*"Not every day is a breeze, but I'm in a much better place now than I was three years ago".*

Ben

*"Action Mental Health is slowly but surely giving me my confidence and social life back, something which I will be forever grateful for."*

Emma

Central Office  
27 Jubilee Road  
Newtownards  
Co Down  
BT23 4YH  
T 028 9182 8494

www.amh.org.uk

@amhNI



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

# 2017/18 IMPACT AT A GLANCE

## Support & Enhance Recovery

  
**1950**  
clients attended  
AMH Services

  
**3721**  
accredited training  
outcomes were achieved  
by 1705 clients

  
**213**  
clients progressed  
to paid employment,  
voluntary work or  
further education/  
training

  
**190**  
clients supported  
by the Workable  
Programme

**23**  
Managing the Challenge  
Programmes were  
delivered supporting  
205 clients

## Raise Awareness and Tackle Stigma

  
**3749**  
followers @amhNI

  
**5023**  
followers

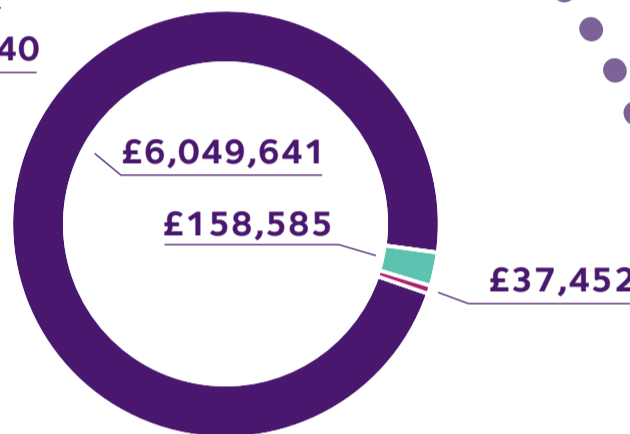
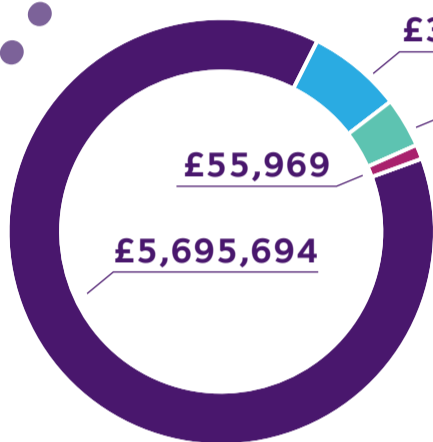
  
**492**  
followers

  
**349**  
press clippings

  
**76**  
broadcasts on  
TV & Radio

  
**55m**  
people reached

## Finance



Income	£
Charitable Activities	5,695,694
Donations and Legacies	364,905
Other activities	192,640
Investments	55,969
<b>Total income</b>	<b>6,309,208</b>

Expenditure	£
Charitable Activities	6,049,641
Raising funds	158,585
Other	37,452
<b>Total Expenditure</b>	<b>6,245,678</b>

## Achieve Excellence

Customer Service  
Excellence Award

**100%**  
compliance

AMH New Horizons  
Craigavon &  
AMH New Horizons  
Fermanagh

## Influence Public Policy



**10m**

Delegation to Westminster, to  
brief MPs & Lords in February,  
resulted in national and  
local media coverage to  
over 10m people

## Building Resilience

  
**21,021**  
beneficiaries of  
AMH Resilience Services

  
**182**  
employees

  
**48**  
males

  
**134**  
females

## Focus on Fundraising

  
**124**  
schools took part in  
AMH resilience  
programmes

  
**970**  
people supported by  
AMH Adapt, our eating  
disorder service



**11**  
AMH sites in NI  
+ community outreach

  
**£364,905**  
generated to support AMH  
charitable activities from a mix of  
corporate partners, foundations,  
events and individuals

  
**135**  
older men have  
attended our 3 Men's  
Sheds this year

  
**70**  
companies have  
received training  
from AMH Works



AMH Investors in People Gold  
AMH Investors in People Health  
& Wellbeing Award

