Social & Recreational Activities may include:

- Social outings
- Guitar lessons
- Digital photography
- Canoeing
- Educational Visits
- Cycling
- Walking Club

How can you join AMH New Horizons Foyle?

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
Unit 13 Springtown Industrial Estate
Derry/Londonderry
BT48 0LY

T. 028 7137 3502
www.amh.org.uk

Opening Hours
Mon–Thurs: 9.00am–4.00pm
Fri: 9.00am–2.15pm

Follow us on: 

Action Mental Health NIC100753

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

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Vocational Skills training may include:
- ECDL Level 1 & 2
- Catering & Hospitality
- Work Preparation
- Personal Skills
- Creative Crafts
- Growing Herbs & Flowers

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

The Personal Development programmes may include:
- Emotional Wellbeing
- Stress Management
- Confidence and Self Esteem
- Motivation
- Assertiveness
- Self Empowerment

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.

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)

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 wellbeing.

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

AMH New Horizons
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.