

action
mental
health

IMPACT REPORT 2018/19

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.

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Department for the
Economy
www.economy-ni.gov.uk



European Union
European
Social Fund
Northern Ireland

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

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.

ACHIEVE EXCELLENCE

100
compliance

Customer Service
Excellence Award

AMH New Horizons Craigavon
& AMH New Horizons Fermanagh

FOCUS ON FUNDRAISING



£309,031

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

Action Mental Health is a life-saver for anyone who struggles with their mental health.

Mark

Staff in Action Mental Health gave me my life back.

Charis

A great starting point to re-connect to being the best you.

Lynn

It was a lifeline for me. I felt part of a friendly and understanding group of people.

Caroline

2018/2019 IMPACT AT A GLANCE

SUPPORT & ENHANCE RECOVERY



13,065 counselling sessions to 2,224 individuals and families
www.newlifecounselling.net

171 clients supported by the **Workable Programme**

1,627 clients attended AMH Services

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

28 **Managing the Challenge Programmes** were delivered supporting **268** clients

3,479 accredited training outcomes were achieved by **1211** clients

RAISE AWARENESS AND TACKLE STIGMA

6,463 followers @amhNI

292 | **77** press articles | web articles

5,908 followers

69 broadcasts

1,184 followers

28M reached

BUILDING RESILIENCE

31,487 beneficiaries of AMH Resilience Services

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

179 schools took part in AMH resilience programmes

53 companies have received training from AMH Works

2,148 people supported by AMH everyBODY, our eating disorder service



Impact of the Initiative April 2017 - March 2019

The Northern Area Mental Health Initiative (The Initiative) was an innovative project led by Cookstown and Western Shores Area Network (CWSAN), in partnership with Action Mental Health and Nexus NI. Project Workers delivered mental health awareness and resilience training, internet safety, sexual abuse and exploitation education to children and young people aged 8-25 and their key contacts. It was funded through the Executive Office Social Investment Fund.

2,233 age 8-11

19,569 total beneficiaries

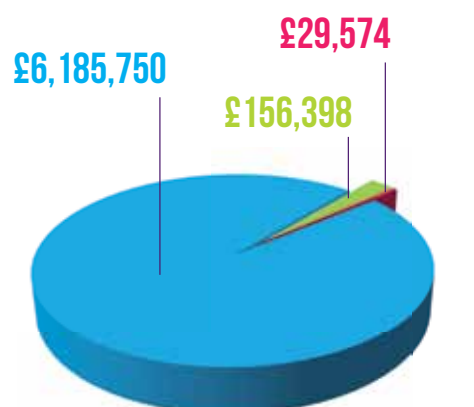
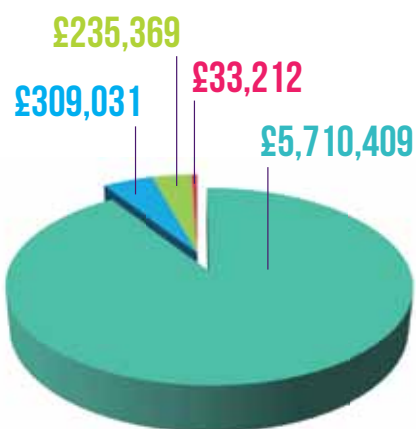
10,210 age 11-16

1,665 key contacts of young people

3,679 age 16-25

88% reported increased awareness of mental health and well-being

FINANCE



| Income | £ |
|------------------------|------------------|
| Charitable Activities | 5,710,409 |
| Donations and Legacies | 309,031 |
| Other activities | 235,369 |
| Investments | 33,212 |
| Total income | 6,288,021 |

| Expenditure | £ |
|--------------------------|------------------|
| Charitable Activities | 6,185,750 |
| Raising funds | 156,398 |
| Other | 29,574 |
| Total Expenditure | 6,371,722 |

*AMH company accounts only.

ACTION MENTAL HEALTH STAFF

179 employees

47 males

132 females



11 AMH sites in NI + community outreach



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