







# Are you worried about a young person aged 18-25?

Do they seem **withdrawn, worried** or **anxious** about their future?  
Or are you a young person concerned about your **mental and emotional wellbeing?**

-  The **AMH BOOST** programme will provide opportunities for self-discovery, helping you to regain your confidence, have fun and make new friends.
-  **BOOST** will support you to take positive steps for the future and will provide opportunities for you to develop life skills so that you can achieve your goals.
-  **BOOST** combines training, personal development and fun activities, to help build resilience and promote positive coping techniques.
-  The **BOOST** programme is delivered in a local youth setting where you can meet other young people who are overcoming similar challenges. Together, you can shape how the programme develops and help to ensure it remains focused on meeting your needs.

**For more information email:**  
**Caroline Ferguson: [cferguson@amh.org.uk](mailto:cferguson@amh.org.uk)**  
**or Kathryn Hughes: [khughes@amh.org.uk](mailto:khughes@amh.org.uk)**  
**or call 028 6632 3630**

 Western Health  
and Social Care Trust

[www.amh.org.uk](http://www.amh.org.uk)

Follow us on   



Department for the  
**Economy**  
[www.economy-ni.gov.uk](http://www.economy-ni.gov.uk)

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