



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.

Impact Report

19/20

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

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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.



What our clients have to say...

Without AMH New Horizons, I'd be a shadow of the person I am today.

Pam

AMH is a life saver and invaluable for anyone struggling with their mental health.

Mark

They (AMH Staff) are real life heroes.

James

I was in a storm and Action Mental Health was the port which sheltered me.

Colin



Customer Service Excellence Award

AMH New Horizons Craigavon
AMH New Horizons Fermanagh

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

£478,079



2019/2020 Impact at a Glance

Support & Enhance Recovery



1,715
clients attended AMH Services

306

clients were supported by the delivery of 31 Managing the Challenge Programmes

4,120

accredited training outcomes were achieved

197

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

140

clients supported by the Workable NI Programme

Raise Awareness and Tackle Stigma

7,949
followers @amhNI

7,028
followers

1,856
followers

345
press articles
128
web articles

88
broadcasts

26m
reach



Building Resilience



26,284

beneficiaries of AMH Resilience Services



141

schools took part in AMH resilience programmes



3,808

people supported by AMH everyBODY, our eating disorder service



134

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



45

companies have received training from AMH Works

Counselling

In 2019/20 New Life Counselling, whilst a member of the Action Mental Health Group, provided:

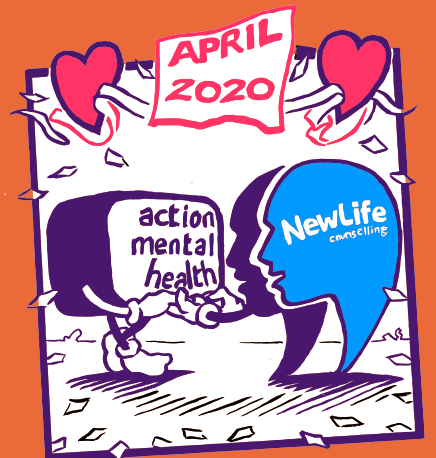
15,553 counselling sessions to
2,199 individuals and families

4,649 sessions to
645 under 18s

10,332 sessions to
1,510 over 18s

244 sessions to
44 families

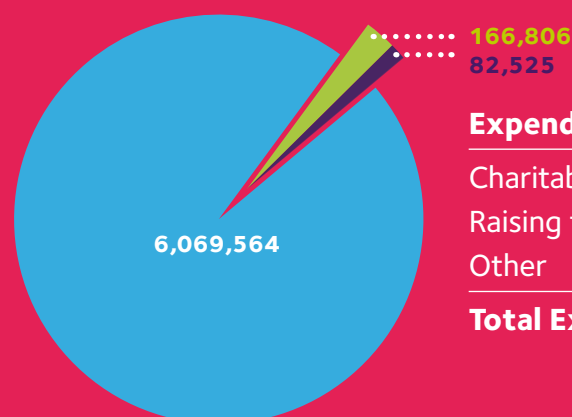
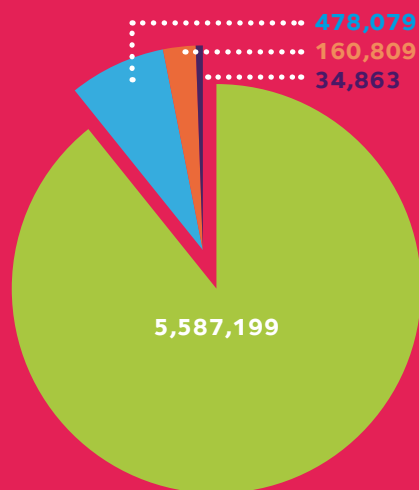
328 groupwork sessions for primary schools & community groups



! In April 2020 New Life Counselling and Action Mental Health completed a full merger!

Finance

Income	£
Charitable Activities	5,587,199
Donations and Legacies	478,079
Other activities	160,809
Investments	34,863
Total income	6,260,950



Expenditure	£
Charitable Activities	6,069,564
Raising funds	166,806
Other	82,525
Total Expenditure	6,318,895

*AMH company accounts only.

Action Mental Health Staff



176
employees



45
males

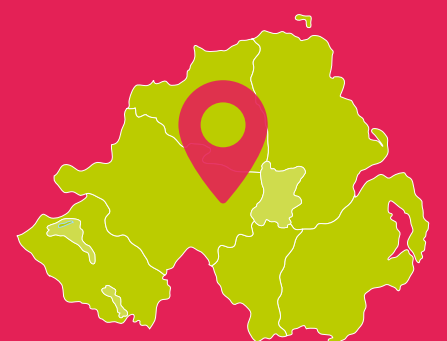


131
females



AMH Investors in People Gold

AMH Investors in People Health & Wellbeing Award



11 AMH sites in NI + community outreach