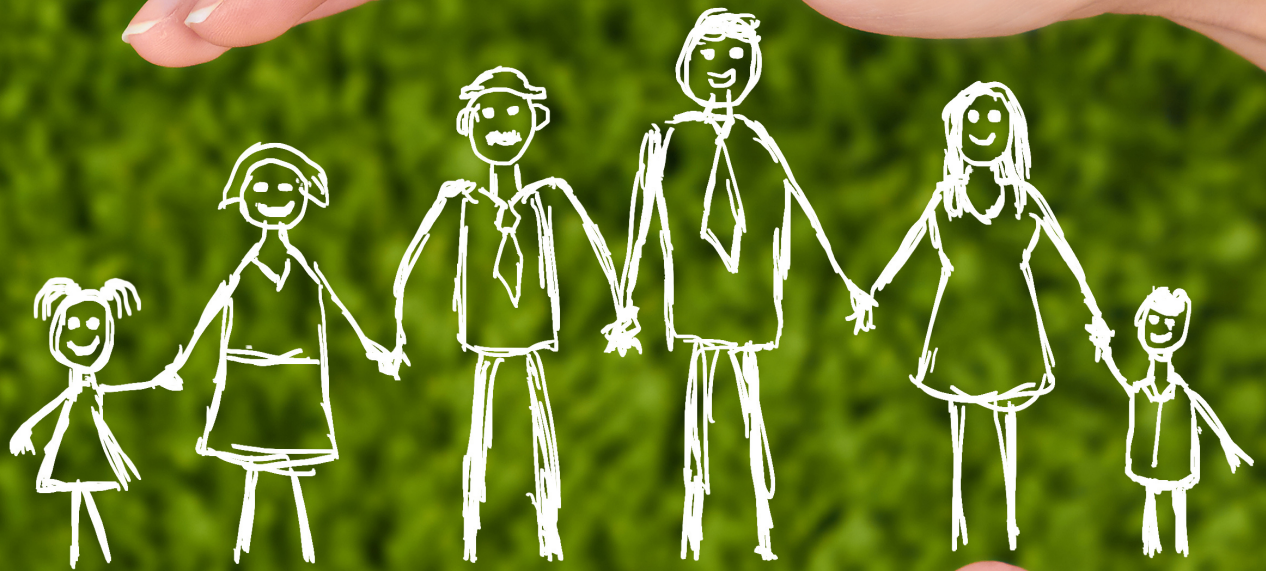


Leave a Legacy of Hope for Future Generations



Leaving a Legacy of Hope

Please consider giving a gift in your Will to help change the lives of those living with mental ill health and promote resilience and well-being to future generations.

One in five of us will experience a mental health problem at some point in our lives, and your legacy of hope will make a tremendous difference to the people we support.

Action Mental Health is a local charity, working throughout Northern Ireland to enhance the quality of life and employability of people with mental health problems, as well as promoting resilience and well-being to future generations.

Why support Action Mental Health?

- In Northern Ireland mental health problems are 25% more prevalent than in England.
- Mental illness is the leading reason for work absence in Northern Ireland, accounting for almost 1 out of every 3 days lost.
- Northern Ireland has significantly higher rates of depression than the rest of the UK.
- Half of all mental health problems start before the age of 14.
- The rate of suicide in Northern Ireland is amongst the highest in the UK & Ireland.

Action Mental Health is working to tackle these issues

"The service and support I've received from Action Mental Health has been exemplary. At a time when other services closed their doors, Action Mental Health was there with care and determination to keep contact and services going which meant the world to me. The Zoom classes, the phone calls to home from my key worker, were very much appreciated and reassuring. I'll be forever grateful for Action Mental Health and its dependable care and support."

The work that we do

Through our **AMH New Horizons** recovery centres we support adults of all ages, providing them with preventative programmes, coping strategies, new skills and training, whilst also helping them to achieve personal goals.

As well as our recovery work, we also provide specialist resilience-building programmes in schools, colleges and in the community via our **MensSana** project.



AMH New Life Counselling provides couples, family and one-to-one counselling support for all ages, whilst **AMH Promote** offers training opportunities for adults with Learning Disabilities.

Now, more than ever, during these very uncertain times, we are planning for the future of the charity. We are adapting and evolving our work to meet the changing needs of the Northern Ireland public. Whilst we don't know what the future holds we do know that **the services we provide can and do have life-changing impacts for local people**. We want those services to be there for future generations.

Writing your Will and keeping it up-to-date is something we should all do and we ask that after you have considered the needs of family and friends that you consider leaving a gift to Action Mental Health.

By planning your Will and making this special commitment, you will help us, as a charity, as we look to the years ahead and plan for the changing face of the world we live in.

Your money at work

- **£5,000** could pay for a series of personal development sessions for adults recovering from mental ill health, helping them develop strategies to cope with stress and anxiety.
- **£10,000** could help support over 30 local children to take part in a specialist six-week art therapy programme.
- **£30,000** could help to pay for over 460 counselling sessions for local people who are struggling to cope.
- **£50,000** could help us deliver mental health and emotional well-being sessions to children, young people, teachers and parents, both online and in schools.

Ensure your wishes are met

Writing a Will to ensure your wishes are met on the occasion of your death is one of the most important documents you will ever write. We advise that you seek legal advice before embarking upon writing your Will.

Is writing a Will complicated?

Depending on your individual circumstances, this does not have to be complicated and it is something we would advise everyone to do.

The Law Society NI has a list of local solicitors in your area who can help – please visit their site for more information: <https://www.lawsoc-ni.org/>

Action Mental Health is also delighted to be part of the **Will to Give consortium in Northern Ireland**, meaning you can access the free, online Will Writing service from **Bequeathed**. Please visit the link below to find out more.

<https://www.bequeathed.org/willtogive>

Bequeathed is a recognised platform and their online guide will take you through all the necessary steps and options for writing your Will, including options to pay a fee for additional legal support & guidance.



Again, do seek legal advice before you begin to write your Will and thank you for choosing to leave a legacy of hope to the work of Action Mental Health. If you would like to talk this through with one of our team, please contact us.

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