

Support & Enhance Recovery

1,422

Clients attended AMH services



98

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



1,504

Accredited training outcomes were achieved



12

Managing the Challenge Programmes were delivered supporting 91 clients

117

Clients supported by the Workable NI Programme

Responding to client need during Covid

A range of virtual and face to face support was provided resulting in AMH New Horizons and AMH Promote clients accessing:

93,812

Calls and texts

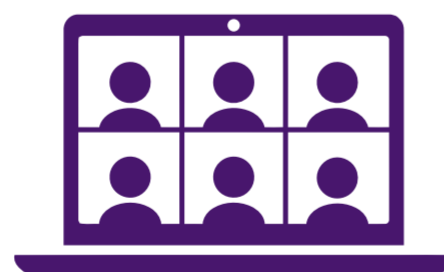


65,470

Emails

23,106

Sign ins to a range of Zoom training sessions



14,778

Attendees at face-to-face training sessions



6,821

Resources and wellbeing packs



1,710

Online one-to-one support sessions



2,529

Face-to-face, one-to-one support sessions

Building Resilience



20,861

Beneficiaries of AMH Resilience Services



152

Schools took part in AMH Resilience Services



83

Older men attended our 3 Men's Sheds this year

Men supported throughout lockdown via telephone calls

amh

EVERYBODY

taking action on eating disorders

856

One to one support sessions

1,111

Support calls/ emails and training/ awareness sessions

amh

menssana

423

Total number of programmes delivered online

9,596

Total number of people

223

Programmes delivered

2,697

Participants

35

Organisations received training on-line from AMH Works

amh

works

Counselling



9,666

Sessions to **1,945** clients over 18s

332

Sessions to **100** families

12,776

Counselling sessions to **2,714** individuals and families

2,778

Sessions to **669** clients under 18s

28

Group work sessions for children and young people

Raise Awareness and Tackle Stigma



9,242

Followers



7,989

Followers



2,546

Followers



22m

Social media each



249

Press articles

109

Web articles



58

Broadcasts



14m

Media reach



83,964

Visitors to www.amh.org.uk
New Covid Section containing 163 web posts and links

Partner/contributor to covidwellbeingni.info

59,452 users

12m reach on Social Media #CovidWellbeingNI

1.8m Media Reach

Locations

14

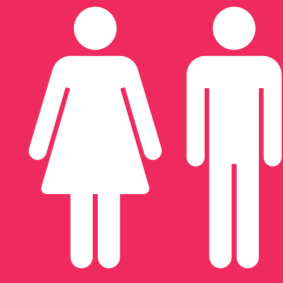
AMH sites in NI
+ community outreach



“I’m very grateful to AMH for their support. I now have the skills to stop my anxiety becoming overwhelming in the future. How do I feel right now? I am excited for the future.”

Alicia

Action Mental Health Staff



242
Employees



51
Males



191
Females

Volunteers

7

Volunteers across
AMH New Horizons

15

Volunteer counsellors across
AMH New Life Counselling



(Stats on 31/3/21)

“A downward spiral for me mentally, has been avoided thanks to AMH.”

Mark

“The balance of blended learning has really benefited me.”

Aodhan



Fundraising

Income from donations and legacies for 20-21

£315,676

“Thank you from the bottom of my heart for all your help and support and for making my sky a bit brighter.”
AMH NLC Client



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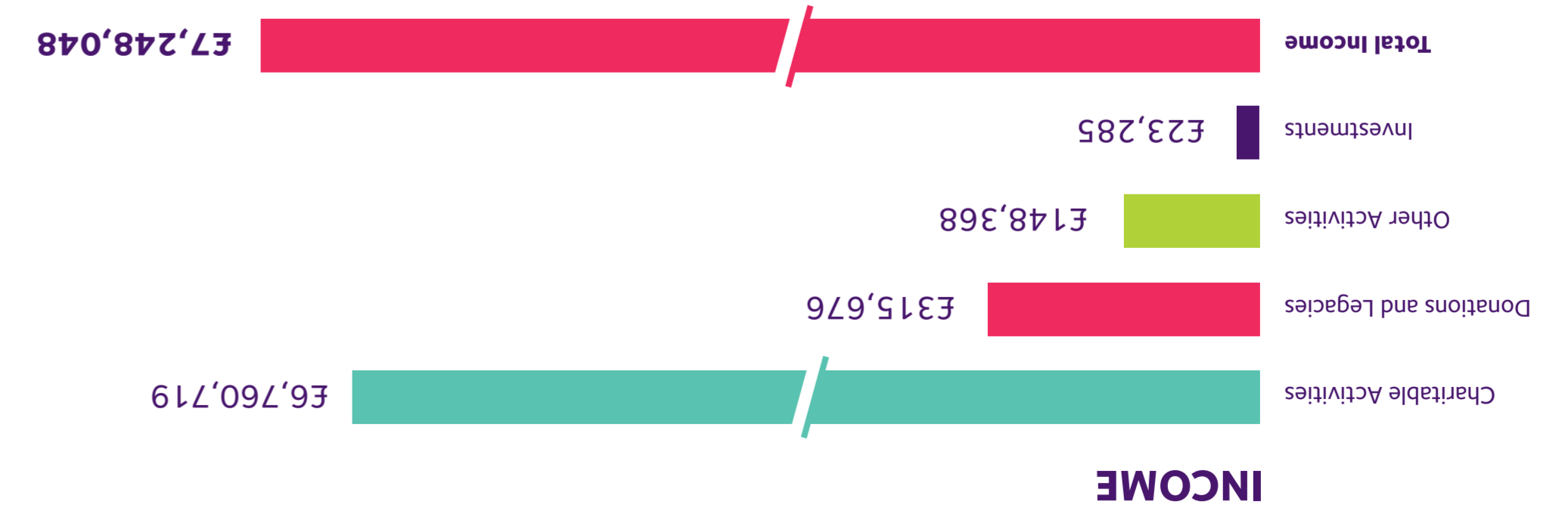
“I’ll be forever grateful for AMH and their dependable care and support.”
Eamonn



Impact Report
www.amh.org.uk

2021

A full copy of the AMH Annual Report and Audited Accounts for the year to 31st March 2021 can be downloaded from our website www.amh.org.uk or by contacting ccheaney@amh.org.uk. AMH is a charity recognised by the Inland Revenue under reference XN47959, registered with the Charity Commission for Northern Ireland NIC100753. The company is registered in Northern Ireland, 27 Jubilee Road, Newtownards, BT23 4YH, Company No. NI5568.



Finance