

action
mental
health



**Impact Report
2021-2022**

"I am forever grateful for the opportunity that was offered. AMH has enabled me to gain knowledge, skills, and experience." **Mark**



To protect client privacy, stock library images have been used throughout this report.

Support and Enhance Recovery



1,576

Clients attended AMH services



22

Managing the Challenge Programmes supported 162 clients



2,151

Accredited training outcomes were achieved



161

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



124

Clients supported by the Workable NI Programme

Raise Awareness and Tackle Stigma



20m

Total social media reach



11,604

Facebook followers and 466 Facebook posts



8623

Twitter followers and 560 tweets



2974

Instagram followers and 263 Instagram posts



11m

Total media reach



197

Press articles



87

Web articles



115

Broadcasts



“AMH has changed my life so much for the better.” **Alexandria**

Building Resilience



46,501

Beneficiaries of AMH Resilience Services



307

Schools took part in AMH Resilience Programmes



154

Older men attended our 3 Men’s Sheds this year



EVERYBODY

taking action on eating disorders

1,772

One to one support sessions

2,490

Support calls/emails and training/awareness sessions to beneficiaries



works

105

Programmes delivered

1,130

Participants

Counselling



12,290

Counselling sessions to 2,039
individuals and families



3075

Sessions to 593 clients
under 18s



9011

Sessions to 1403 clients
over 18s



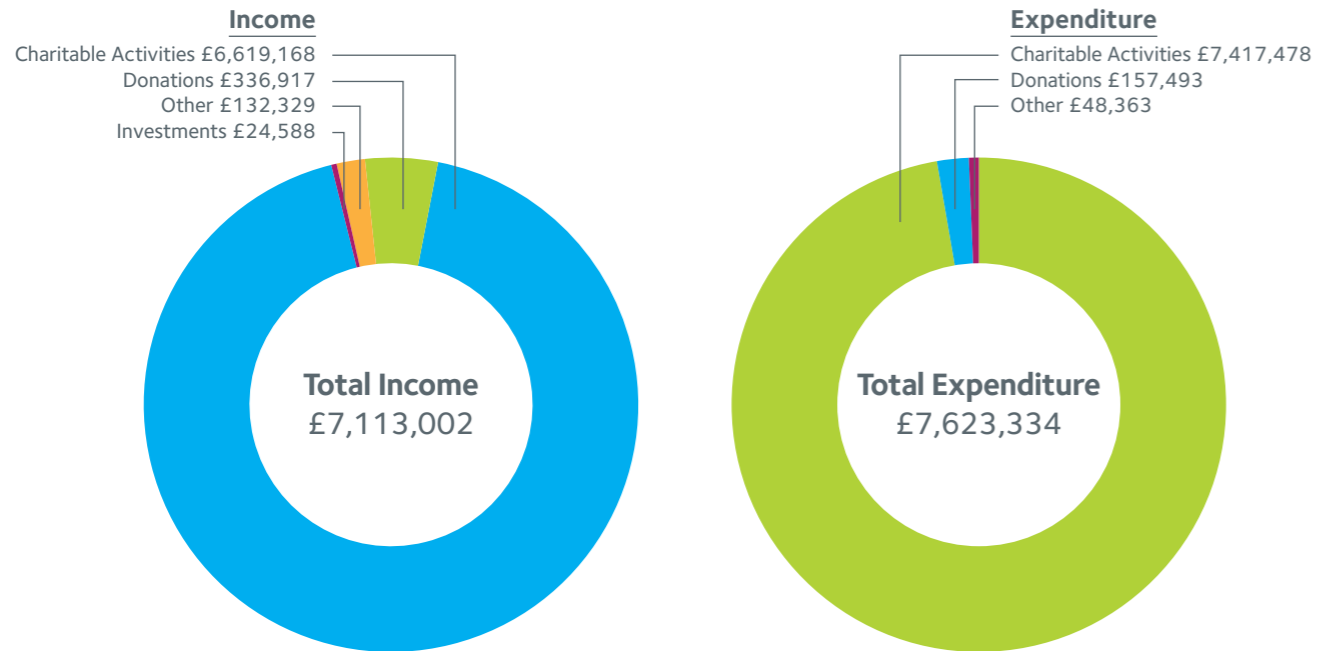
204

Sessions to 43 families



"I am more confident
and becoming a better
version of myself thanks
to AMH." **Michael**

Finance



Action Mental Health Staff



233

Employees



17

Volunteers



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



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European
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Locations



14

AMH sites in NI
+ community outreach