



Impact Report

2022-2023



2

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

support and **enhance recovery**

3

1,601

Clients attended **AMH services**



211

Clients progressed to
**employment, voluntary work
and education/training**

139

Clients supported
**by the Workable NI
Programme**

25

Managing the Challenge
Programmes



2,457

Accredited training
outcomes achieved

raise awareness and tackle stigma



Facebook followers - **increase of 5.7%**



Twitter followers - **increase of 2.3%**



Instagram followers - **increase of 5%**

15 million

Total media **reach**

129

Broadcasts

193



Press **articles**

104



Web **articles**



building resilience

39,981

Beneficiaries of
AMH Resilience Services

248

Schools took part in
AMH Resilience Programmes

7

amh
everyBODY
taking action on eating disorders

1,242

One to one
support sessions

amh works

125

Programmes
delivered

1479

Participants

counselling

17,785

Counselling sessions to
2,548 individuals and families

177 

Sessions to **35 families**

6,394 

Sessions to **899 clients under 18's**

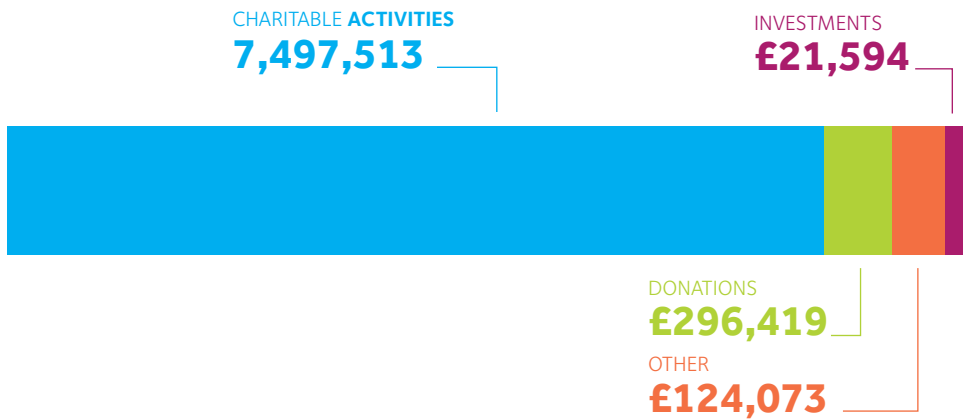
11,214

Sessions to
1,614 clients over 18's

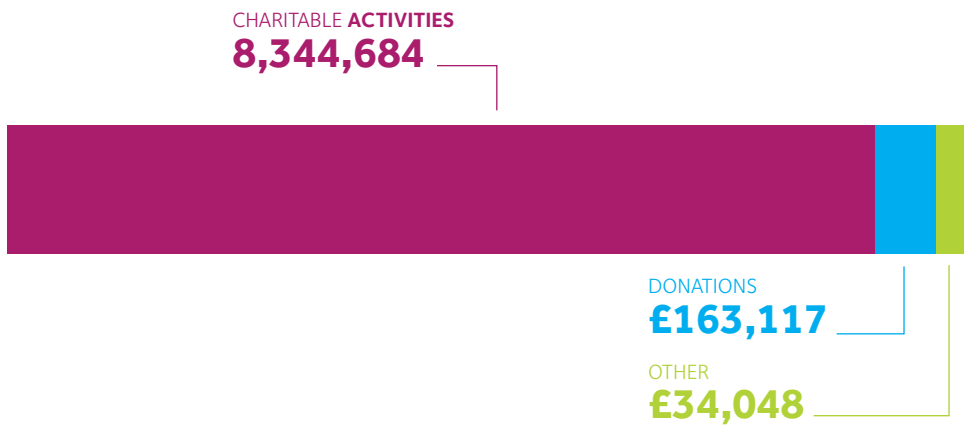


finance

INCOME TOTAL 2023
£7,939,599



EXPENDITURE TOTAL 2023
£8,541,849



232



Employees

12

A dark purple rectangular box containing the number '12' in large white font. To the right of the number are two stylized human icons representing volunteers: a female icon on the left and a male icon on the right, both with their right arms raised. Below the number and icons is the word 'Volunteers' in white text.

Volunteers

beyond the numbers

OUR Generation led the development of a new children and young people's app in conjunction with Ulster University. The app aims to educate children & young people about mental health and wellbeing. It is designed as a game, featuring 5 levels with activities relating to mental health and well-being, coping and problem-solving skills, perspective taking, empathy and intergroup contact & trust.

We added the new Mindful Carers project following successful application for funding from CFNI. This programme has supported carers across NI through a 6 week emotional wellbeing programme, wellbeing action plans, a carer support group and a carer advocacy panel. Feedback from carers has been overwhelmingly positive so far.

A Youth Led Mental Health Panel was established with 34 young people aged 13-24 and a supporting committee. This is an amazing opportunity to improve our own services and the wider mental health service provision for children and young people in NI.

Two animations produced with groups of children and young people. The animation, called 'Our wee thoughts and feelings', were created by pupils from Elmgrove PS and Christ the Redeemer PS, who took part in a shared learning and cross-community exchange through the OUR Generation project.



beyond **the numbers**

AMH in partnership with UU, developed and delivered The YEW Project (Your Emotional Wellbeing), funded by the Community Foundation through the Department of Health Mental Health Fund.

We launched a new fundraising event entitled Festive Splash event and invited willing dippers to don their festive hats and make a splash for mental health. The event was a brilliant success and is set to return in 23/24.

Multiple world record holder and Paralympic superstar Bethany Firth OBE has become an ambassador.

AMH Works developed and delivered Compassionate Conversations course. It has been designed to help employees understand common mental health problems and implement evidence-based tools that aid caring and supportive conversations around mental health.



locations

14

AMH sites in NI
+ **community outreach**

Action Mental Health

Central Office
27 Jubilee Road
Newtownards
Co Down
BT23 4YH

T 028 9182 8494

www.amh.org.uk



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