

New Horizons Programme

Are you experiencing low mood, anxiety or mental ill-health?

The New Horizons programme will support you on your mental health recovery journey by offering an encouraging environment to learn new skills, connect with others and increase your opportunities.

“The New Horizons programme has genuinely changed my life.”

Client in Antrim



We offer a varied programme of creative and social activities, personal development courses, and accredited training opportunities which can include:

- **OCN Administrative Skills**
- **ICDL (Digital Literacy)**
- **Stress Management**
- **Confidence & Self-Esteem**
- **Motivation**
- **Arts & Crafts**
- **Walking group**
- **Cookery**

Our 'Evolve' group is open to young people aged 18–25, helping to rebuild confidence and self-esteem.

If you are aged 18+ and interested in being referred to the programme, contact your:

- **HSC Trust Community Mental Health Team**
- **Condition Management Programme**

If you'd like to know more, we'd love to hear from you:

E: antrim@amh.org.uk
T: 028 9442 8081

Visit **amh.org.uk**
or scan here for
more information



Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.

Action Mental Health Antrim

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