

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.

“Action Mental Health has been a lifeline for me.”

Client in
Newtownards



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

- **ICT**
- **Stress Management**
- **Confidence & Self-Esteem**
- **Life Skills**
- **Arts & Crafts**
- **Drama**
- **History**
- **Gardening**

Young people and older adults can also make new friends in our Elevate and Pause & Play groups.

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

- **Community Mental Health Team**
- **Home Treatment Team**
- **Condition Management Programme**
- **Community Addiction Team**
- **Mental Health Assessment Centre**

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

E: ards@amh.org.uk
T: 028 9182 2410

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 Newtownards

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www.amh.org.uk



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