

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 helped me with rebuilding my confidence and self-esteem.”

Client in Belfast



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

- Emotional Wellbeing & Resilience
- Confidence & Self-esteem
- ICDL (Digital Literacy)
- Arts & crafts
- Mental Health Awareness
- Walking group
- Stress Management
- Singing group

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: belfast@amh.org.uk
T: 028 9027 8283

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 Belfast (Fisherwick)

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