

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.

“Attending the New Horizons programme gives me a sense of achievement.”

Client in
Downpatrick



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

- **ICDL (Digital Literacy)**
- **Horticulture**
- **Customer Service**
- **Emotional Wellbeing**
- **Stress Management**
- **Confidence & Self-esteem**
- **Walking group**
- **Art**

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

- **Local Community Mental Health Team**
- **Condition Management Programme**

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

E: downpatrick@amh.org.uk
T: 028 4461 3791

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 Downpatrick

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