

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 in Enniskillen has changed my life”

Client comment



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

- IT Skills & Qualifications
- Relaxation & Yoga
- Stress Management
- Confidence & Self-Esteem
- Drugs & Alcohol Awareness
- Personal Fitness
- Horticulture
- Ceramics & Glass Fusing
- Creative Writing & Drama
- Photography

Our 'Boost' 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:

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

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

E: fermanagh@amh.org.uk
T: 028 6632 3630

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.

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