

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.

"I wake up each day with a purpose. I love coming to the classes and have made new friends."

Client in Foyle



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

- IT Skills
- Drugs & Alcohol Awareness
- Emotional Wellbeing
- Confidence & Self-esteem
- Arts & Crafts
- Guitar lessons
- 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
- Jobs & Benefits Office

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

E: foyle@amh.org.uk
T: 028 7137 3502

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 Foyle

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