

If you'd like to know more, we'd love to hear from you! Get in touch with your local service:

Antrim

4A Steeple Road
Antrim
BT41 1AF
E: antrim@amh.org.uk
T: 028 9442 8081

Belfast

Level 2 Fisherwick Building
9 Upper Queen Street
Belfast
BT1 6FB
E: belfast@amh.org.uk
T: 028 9027 8283

Downpatrick

3 Ballydugan Industrial Estate
Ballydugan Road
Downpatrick
BT30 6TE
E: downpatrick@amh.org.uk
T: 028 4461 3791

Fermanagh

7 Cherrymount Road
Drumcoo
Enniskillen
BT74 4GN
E: fermanagh@amh.org.uk
T: 028 6632 3630

Foyle

13B Pump Street
Derry/Londonderry
BT48 6JG
E: foyle@amh.org.uk
T: 028 7137 3502

Lisburn

21C Railway Street
Lisburn
BT28 1XG
E: lisburn@amh.org.uk
T: 028 9062 9759

Newtownards

27 Jubilee Road
Newtownards
BT23 4YH
E: ards@amh.org.uk
T: 028 9182 2410

Newry

An Stóras
28 Cornmarket
Newry
BT35 8BG
E: southernarea@amh.org.uk
T: 028 3026 6117

Portadown

13 Church Street
Portadown
BT62 3LN
E: southernarea@amh.org.uk
T: 028 3839 2314

Tannaghmore Gardens

Kilvergan Road
Craigavon
BT66 6LF
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T: 028 3834 2220

Action Mental Health is a local charity supporting minds and changing lives across Northern Ireland.

www.amh.org.uk



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for more
information



New Horizons Programme

Supporting your mental health recovery journey



What is New Horizons?

New Horizons is a programme which supports adults of all ages who are recovering from mental ill-health. The programme runs across Northern Ireland in our 10 Action Mental Health locations.

By joining New Horizons, you'll have the opportunity to:

- Learn new skills
- Connect with others
- Explore personal growth
- Increase your opportunities

What will I do at New Horizons?

You'll have the opportunity to learn, gain qualifications, explore personal development topics, and try a variety of creative and social activities.

Each of our locations offers a range of courses and activities to choose from. Get in touch with your local Action Mental Health service to find out more about their programme and how it could support you.



"It is an amazing programme. It's a non-judgemental safe space."

Client in Newtownards

What can I expect at New Horizons?

New Horizons is a relaxed and supportive community environment where you'll have the space and encouragement to focus on your recovery towards better mental health and wellbeing.

As a person-centred programme, our specialist and dedicated teams will help you to identify and achieve your own personal goals.

When the time is right, we will also assist you to take the next steps in your journey. That might mean further training, attending a volunteer placement or going back to work if it is appropriate for you.

"Action Mental Health has changed my life for the better."

Client in Foyle

Interested in joining New Horizons?

If you are aged 18+ and interested in joining a New Horizons programme, contact your local:

- HSC Trust Community Mental Health Team
- Condition Management Programme

Your local Action Mental Health service can also help you to find out more about referrals.

