

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 support I have received has been life-changing.”

Client in Lisburn



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

- **Mental Health Awareness**
- **Confidence & Self-Esteem**
- **Nutrition for Health**
- **Arts & Crafts**
- **Health & Safety**
- **Creative Writing**
- **Stress Management**
- **Ukelele**

Our SPEER group is open to young people aged 18–25, helping you to rebuild confidence and self-esteem.

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

- **Community Mental Health Team**
- **Home Treatment Team**
- **Condition Management Programme**
- **Community Addiction Team**

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

E: lisburn@amh.org.uk

T: 028 9062 9759

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 Lisburn

21C Railway Street

Lisburn

BT28 1XG

www.amh.org.uk



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