

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 programme is a life-saver, literally, as it gives me something to look forward to each day.”

Client comment



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

- **IT Skills**
- **Essential Skills (Literacy & Numeracy)**
- **Mental Health Awareness**
- **Confidence & Self-esteem**
- **Stress Management**
- **Arts & crafts**
- **Walking group**
- **Photography**

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

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

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

E: southernarea@amh.org.uk
T: 028 3026 6117

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 Newry

An Stóras
28 Cornmarket
Newry
BT35 8BG

www.amh.org.uk



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This programme is supported by:



**Southern Health
and Social Care Trust**