

# 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 New Horizons programme has been the best thing ever for me. I know I can rely on every staff member for help.”

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](mailto:southernarea@amh.org.uk)  
T: 028 3839 2314 (Portadown)  
T: 028 3834 2220 (Tannaghmore Gardens)

Visit [amh.org.uk](https://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 Portadown**  
13 Church Street  
Portadown  
BT62 3LN

**Action Mental Health Tannaghmore Gardens**  
Kilvergan Road  
Craigavon  
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[www.amh.org.uk](https://www.amh.org.uk)



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