

Social & Recreational Activities may include:

- ✓ Walking Group
- ✓ Walking Football
- ✓ Arts & Crafts
- ✓ Photography
- ✓ Cookery
- ✓ Gardening
- ✓ Day Trips

How can you join AMH New Horizons Newry & Mourne?

Referrals can be made by:

- ✓ Your mental Health key worker in your local Health Trust
- ✓ Employment Advisor from the Jobs and Benefits Office, OR
- ✓ Contact the service directly for further information

amh new horizons
NEWRY & MOURNE

Have you experienced Mental Ill Health?

Would **you** like to develop new skills, gain qualifications and increase your opportunities?

AMH New Horizons

An Storas
28 Cornmarket
Newry
BT35 8GB

T. 028 3026 6117
www.amh.org.uk

Opening Hours

Mon-Thurs: 8.30am-4.30pm
Fri: 8.30am-3.15pm

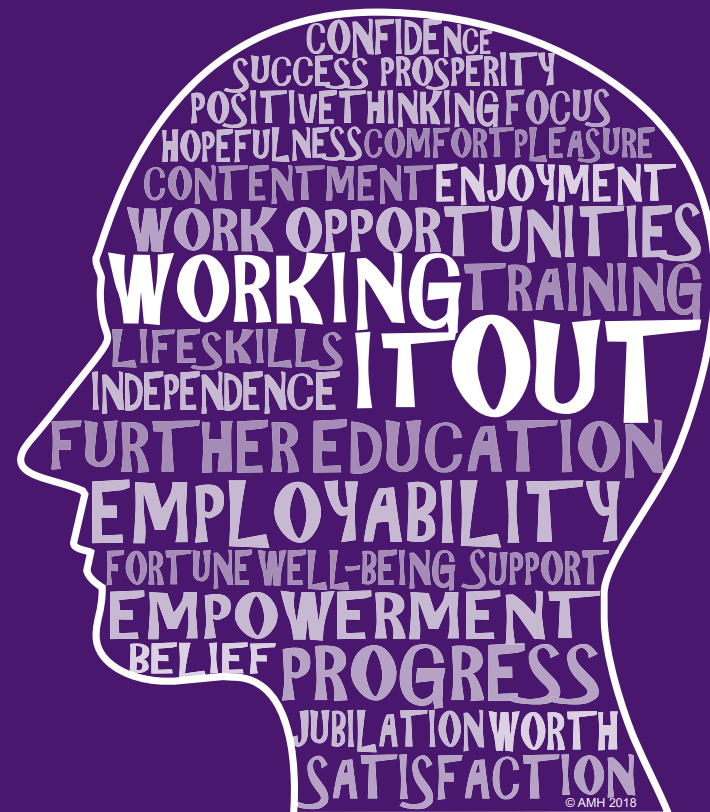
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Action Mental Health NIC100753.

This leaflet has been produced with the help of AMH's Client Advisory Groups.



This project is part funded through the Northern Ireland European Social Fund Programme 2014 – 2020 and the Department for the Economy.



AMH New Horizons assists adults recovering from mental ill-health. We offer a range of person-centred programmes in a friendly, relaxed atmosphere to support your recovery.

Mission statement

To make a positive difference to people's mental health and wellbeing.

Our Vision

A society which actively values and supports people on their journey to positive mental health.

AMH provide a range of **training programmes** to help you increase your **confidence** and **self esteem**, gain new **skills, qualifications** and improve your **career opportunities**.

The Personal Development programmes may include:

- ✓ Stress Management
- ✓ Confidence & Self Esteem
- ✓ Assertiveness
- ✓ Personal Motivation
- ✓ Healthy Living
- ✓ Mental Health Awareness
- ✓ Drug & Alcohol Awareness

The Vision Programme is a specialised service for individuals who have a dual diagnosis of Aspergers Syndrome and poor mental health.

Our outreach programme, based in Kilkeel, offers accredited training and employment support.

Vocational Skills training may include:

- ✓ ICT skills including ECDL
- ✓ NVQ L2 Health & Social Care
- ✓ Horticulture
- ✓ Photography
- ✓ Essential Skills Numeracy & Literacy

The AMH Employment Programme aims to prepare, place and support you to increase your skills and, if you wish to, access employment.

Options are:

- ✓ Accredited employment courses to improve job search and interview techniques
- ✓ Training Placements
- ✓ Paid Work
- ✓ Voluntary Work
- ✓ Further Education/Training