

action
mental
health



amh.org.uk

BENEFITS BOOKLET

Volunteer/Student Counsellor

Action Mental Health changes the lives of those living with mental ill health and promotes resilience and wellbeing throughout our community.

Make a
difference




HELP US CHANGE LIVES

Action Mental Health is a leading voluntary sector provider of mental health services in Northern Ireland.

The organisation has 60 years' experience in delivering mental health promotion, recovery, counselling and resilience building services and programmes for children, young people, adults and employers throughout Northern Ireland.

Action Mental Health changes the lives of those living with mental ill health and promotes resilience and wellbeing throughout our community.

What Our People Say



"Joining AMH has given me more job satisfaction than I've had previously. I feel like I can make a positive difference to peoples lives everyday through my work."



"I've worked for AMH for over 20 years. I have been able to progress my career whilst pursuing personal interests and hobbies outside of work."

Services & Projects

HELP US CHANGE LIVES



Our diverse services include:



new horizons

Employment Opportunities,
Personal Development &
Support



new life counselling

BACP accredited
counselling service



menssana

Tailored support activity
for children, young people and key
contacts.



works

Employer-led mental
health training for
businesses and
employees



Peace IV funded historic
cross-community/cross
boarder project



everyBODY

taking action on **eating disorders**
Support for eating disorders



Supporting people with
disabilities and health
conditions and helping them
get back into employment.

Managing the Challenge

of living with a long term condition

An innovative self-management
programme for long term conditions
and chronic pain



Carers' wellbeing
support



For men aged 50+ to
share skills, socialise and
connect

Benefits

Why choose us?



Case management reviews and monthly paid supervision by an approved clinical supervisor



Access to AMH New Life Counselling monthly clinical training and AMH Training Matrix



Out of pocket expenses in line with AMH Volunteer Policy & Procedures



Day to day support regarding sessional delivery from clinical management team



Organisational insurance cover



Peer support meetings



MAKING A DIFFERENCE THROUGH OUR VALUES

P

Passion through our mission/vision values committed to our clients.

E

Empowerment. Helping clients to make their own decisions about life and recovery.

E

Excellence. Delivering exemplary standards through innovative delivery methods.

R

Respect. Core ethos brings dignity & respect to everything we do.



Making a difference through
our behaviours ...
Yes to:



Respecting others

Mutual understanding and
co-operation through Inclusion
participation & collaboration



Expecting high standards
AMH policies & requirements
adherence

Empowering individuals to recognise
their input & open to change &
innovation



How we've made a difference

"I am forever grateful for the opportunity that was offered. AMH has enabled me to gain knowledge, skills & experience."
Mark



Support & Recovery

1,601 clients

2,457 accredited training outcomes achieved

Building Resilience

39,981 Beneficiaries

1,242 1-1 Eating disorder support sessions

1,479 Participants in workplace training



Counselling

Counselling sessions 17,785

1 in 5 adults will show signs of mental illness *
Work with AMH & you know you are making a difference ...

20%

Locations



14

AMH sites in NI
+ community outreach

Central Office

Action Mental Health
Central Office
27 Jubilee Road
Newtownards
Co. Down
BT23 4YH

T 028 9182 8494



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