



Funded by
UK Government



SkilSET

Support | Employment | Training

What is it?

SkilSET is a disability employment project providing support to adults with a range of disabilities. It is funded by the UK Government through the UK Shared Prosperity Fund.



**LEVELLING
UP**

SkilSET
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action
mental
health

Action Mental Health delivers the programme across Northern Ireland, helping people with mental health issues to build their skills through education, training and access to volunteering, further education and the workplace.

Who can join?

Anyone 18+, with mental health issues, and who is economically inactive.

How will you benefit?

- 1-2-1 support
- Job club
- Accredited qualifications & courses
- CV writing skills
- Interview skills
- Team work skills
- Assertiveness
- Learning how to create a positive impression in the workplace
- And much, much more



To find out more please visit www.amh.org.uk to find details of your local service or email us: skillset@amh.org.uk