

Caithness Mental Health Support Group

Scotland · Charity number SC018142

Details

Status	Active
Legal form	Company (the charity is registered with Companies House)
Registered	1993-08-16
Register	View on the OSCR register

Contact

Address Caithness Mental Health Support Group
The Haven
Bankhead
Wick
Caithness
KW1 5LB

Website www.cmhsg.org

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health', 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: Set up to promote positive mental health and wellbeing and to provide support to individuals experiencing mental health difficulties across Caithness. We aim to reduce social isolation, challenge stigma and improve quality of life by offering safe, inclusive and supportive spaces and connections. We achieve our aims by providing peer and wellbeing support and community-based groups that encourage participation, routine and social interaction. Our work is underpinned by a person-centred approach that values dignity and respect. We work collaboratively with volunteers, partner organisations and local services to ensure support is accessible, responsive and appropriate to individual need. Safeguarding, confidentiality and inclusivity are central to all aspects of our delivery, ensuring a safe environment for all who engage with our services.

Beneficiaries: 'People with disabilities or health problems'

Objectives: The company's objects are:- (a)To promote mental health (b)To promote the understanding of the distress caused by social isolation, psychological and emotional problems and to spread the knowledge of the facilities and services available within the community for those affected by such problems. (c)To seek to co-operate with statutory authorities in carrying out their duties for the treatment, care, after care and welfare of those affected. (d)To promote and encourage co-operation with and amongst other voluntary bodies and organisations involved whether principally or partially with questions of mental health and

between such bodies and statutory authorities. (e)Where possible to provide, assist and support the provision of, facilities within the community for those affected in any way by psychological and social problems, those involved in the care and welfare of such individuals or groups. (f)To promote the understanding and improvements of the rights of persons affected by psychological and social problems, those recovering from such problems, those involved in the care and welfare of such individuals or groups.

Geography

- **Main operating location:** Highland
- **Geographical spread:** Wider, but within one local authority area

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£239,949	£272,796	-	23
2025-03-31	£239,949	£272,796	-	23
2024-03-31	£345,980	£269,736	-	26
2023-03-31	£155,864	£182,526	-	21
2022-03-31	£154,723	£155,468	-	18
2021-03-31	£155,798	£146,946	-	15