

East Dunbartonshire Association For Mental Health (Edamh)

Scotland · Charity number SC029675

Details

Status	Active
Legal form	Company (the charity is registered with Companies House)
Registered	1999-11-23
Register	View on the OSCR register

Contact

Address Suite 7
Enterprise House
Strathkelvin Place
Southbank Road
Kirkintilloch
G66 1XQ

Website www.edamh.org.uk

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the advancement of health'

What the charity does: The company's objects are:-To relieve the suffering and distress, promote the welfare of and advance the education of people who are or have been sufferers of mental health difficulties by the provision of an organisation to develop mental health services principally within East Dunbartonshire. We do this by offering one to one sessions to our clients, we are funded to offer 6 monthly support which takes place once a week for one hour. Within these sessions our clients work with their support worker to work on a range of issues. We can work to develop coping strategies for anxiety, depression and a number of other mental health issues. We take a practical approach with our clients and can put in place graded exposure plans, routine planners or support our clients to attend voluntary work or back into employment. We also run groups such as peer support or walking for our clients to attend, with the aims of reducing isolation and building confidence.

Beneficiaries: 'People with disabilities or health problems'

Objectives: The company's objects are:- To relieve the suffering and distress, promote the welfare of and advance the education of people who are or have been sufferers of mental health difficulties by the provision of an organisation to develop mental health services principally within East Dunbartonshire.

Geography

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

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£448,137	£410,329	-	10
2024-03-31	£409,071	£406,803	-	11
2023-03-31	£404,401	£370,282	-	11
2022-03-31	£343,861	£390,520	-	11
2021-03-31	£350,224	£345,642	-	11