

Anxiety Aid International

Scotland · Charity number SC055392

Details

Known as	Anxiety Aid International (AAI)
Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2026-06-05
Register	View on the OSCR register

Contact

Address 12 Sunningdale Avenue
Ayr
KA7 4RQ

Activities

Activities: 'It carries out activities or services itself'

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

Beneficiaries: 'No specific group, or for the benefit of the community'

Objectives: The organisation's purposes are: (a) the advancement of health by supporting the mental health and emotional wellbeing of children, young people, adults, families and communities who are affected by, or at risk of being affected by, anxiety, emotional distress, stress-related difficulties or related wellbeing challenges. (b) the advancement of education by providing accessible information, educational resources, workshops, training, awareness programmes and community learning opportunities relating to anxiety, emotional wellbeing, emotional regulation, resilience, stress management and positive mental health. (c) the relief of those affected by anxiety, emotional distress, mental health challenges, ill-health, disability, financial hardship or other disadvantage by providing or facilitating access to appropriate wellbeing resources, self-help resources, educational programmes and community-based support initiatives connected with anxiety and emotional distress. (d) the advancement of community development by working with individuals, families, schools, community groups, voluntary organisations, public bodies and other partners to improve understanding of anxiety and emotional wellbeing and to increase access to preventative and supportive wellbeing resources for public benefit.

Geography

- **Main operating location:** South Ayrshire
- **Geographical spread:** UK and overseas