

East Dunbartonshire  
Association for Mental Health



Supporting  
**your** journey  
to better  
mental health  
and well-being



edamh

your support, your journey

At EDAMH we offer support to individuals from age 18+ who live within the boundaries of East Dunbartonshire and who need help with their mental ill health. We work with you to help you realise your strengths and encourage you on your journey to recovery and well-being to create a meaningful life.

“

EDAMH has given me tools and helped me to support myself in periods of wellness and illness. Helped give me confidence, self esteem and many more. I have a feeling of self-worth which I never had before.

EDAMH Service User

**Our services:** .....

- Individual Support
- Group Support
- Male Specific Support
- Vocational Support
- CEDAR Project
- Violence Against Women Project

For more information or to make a referral contact us on:

Phone: 0141 955 3040  
Email: [info@edamh.org.uk](mailto:info@edamh.org.uk)

Office hours are 9am till 5pm, Mon-Fri

**edamh.org.uk**