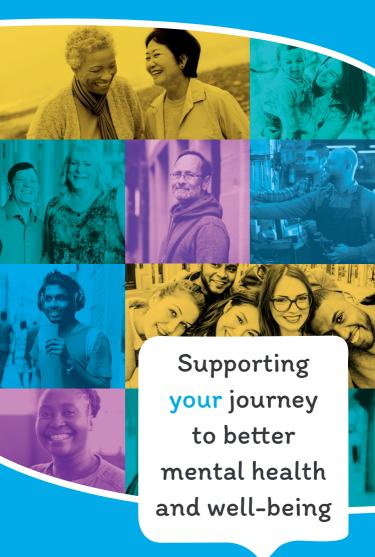
East Dunbartonshire Association for Mental Health





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.

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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
- Violence Against Women Project

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

Phone: 0141 955 3040 Email: info@edamh.org.uk

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

edamh.org.uk