

1. Non-Financial Information

Name of Organisation: Singapore Association for Mental Health Address: 69 Toa Payoh Lorong 4 #01-365 Singapore 310069	Contact Information Name of Contact Person: Ms Rajeswari K Telephone No: 6255 3222 Fax No: 6252 6834 Email Address: samhhq@singnet.com.sg Web-site Address: samhealth.org.sg
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Charity Status Charity Regn No: 0052 Charity Regn Date: 07 May 1984 Constitution: Society Date of Establishment: 17 December 1968 ROS/RCB Regn No: ROS 149/68 WEL	IPC Status Effective Date : 1 January 2009 to 31 December 2010 A Member of Health Endowment Fund
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Objectives: Vision/Mission: The Singapore Association for Mental Health (SAMH) is a voluntary welfare organisation who seeks to promote mental health, to prevent mental illness, and to improve the care and rehabilitation of the mentally ill and the emotionally disturbed. Aims The principle aims and objectives of the organisation are: <ul style="list-style-type: none">• To promote mental health and to aid the emotionally, mentally disturbed• To disseminate knowledge of the ways by which mental health may be achieved and maintained• To promote and to provide courses, lecturers and conferences on mental health problems• To promote and to provide research into mental health and into emotional and mental disturbances• To promote and to provide the establishment of treatment and rehabilitation facilities for the emotionally and mentally disturbed• To supply information as to existing facilities both local and foreign for the prevention, treatment and rehabilitation of emotional and mental disturbances• To promote desirable legislation in the interest of mental health• To acquire, lease and own facilities such as homes, schools and hostels in the interest of mental health• To promote international contacts with mental health organisation throughout the world, and to assist and participate in international conference on mental health• To raise funds for the achievement of the above purposes.
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Services

Presently, SAMH provides the following services for individuals and families with psychiatric, psychosocial and other social or relationship problems:

- [a] **Community Mental Health Education Programme** - for talks, film presentations, seminars and workshops, static and mobile exhibitions, mental health publications such as brochures, pamphlets, flyers and factsheets, etc. Besides the importance of early treatment, the education programme strives to reduce the misconception and the social stigma that surround mental illness.

Relaxation tapes and CDs are available in English and Mandarin. Tapes are sold at \$8 each and CDs at \$12 each. This is a little above cost of production.
- [b] **Counselling Service** - for individuals or families with psychiatric, psychological and other social or relationship problems. Counselling can be face to face with individuals and families or responding to telephone calls for assistance.
- [c] **Oasis Day Centre** - for the psychosocial rehabilitation of persons with mental illness as part of our on-going support service and continuity of treatment for social rehabilitation.
- [d] **Oasis Club** - a social rehabilitation club for the social, recreational and educational activities to help persons with mental illness to develop interpersonal relationships, social skills and self-esteem.
- [e] **Caregivers Support Group** - a support service to bring together caregivers of mentally ill persons, and significant others, with common problems to learn and help each other and render emotional, moral or material support.
- [f] **Patient Support Group** - a support service for individuals with mental disorders who are well and recovering to get together in a group for psychological and emotional support. Three groups meet the different needs of individuals suffering from schizophrenia, depression and anxiety disorders.
- [g] **Central Singapore Club 3R** - serve as a drop-in centre which caters to people who are recovering from their psychiatric conditions. The Centre provides a supportive environment where the participants are given an opportunity to work on their personal, social and vocational skills. This is in line with the motto of Club 3R where *3R represents Relax, Rehabilitation and Recovery*.
- [h] **Group Homes** - serve as an independent living facility for stabilised mentally ill persons who are gainfully employed and who will benefit from independent living because they have no place to stay or because of adverse factors in the family.
- [i] **Activity Hub @ Pelangi Village** – Provision of psychosocial rehabilitation services to residents of Pelangi Village
- [j] **YouthReach** – A psycho-social recovery programme for children and youths with mental health concerns.
- [j] **Samh Helpline - 1800-2837019** - the counsellor or social worker can be contacted for information or help on mental health matters and services.

Eligibility Criteria

Individuals or families with psychiatric, psychological, emotional and other social or relationship problems can seek help.

Volunteer Opportunities

- Panel of speakers for talks on mental health
- Befriending and teaching of specific skills for the rehabilitation of persons with mental illness.

No. of Beneficiaries: <Optional>

Programs/Activities (Please refer to SAMH website : www.samhealth.org.sg)

* For current year:

* For last year:

Patron

Dr Lily Neo, Member of Parliament for Jalan Besar GRC

Youth Ambassador

Ms Elim Chew, Founder of 77th Street (S) Pte Ltd

Board Members

President	Assoc Prof Daniel Fung Shuen Sheng	(Psychiatrist)
Vice-president	Dr Lee Cheng	(Psychiatrist)
Honorary Secretary	Ms Joanne Chio Siew Ling	(Asst Director, NTU)
Honorary Treasurer	Dr Ong Say How	(Psychiatrist)
Committee Members	Assoc Prof Leslie Lim Eng Choon Mr Bernard Lian Thiam Huat Ms Catherine Chua Siew Hong Mr Colin Yeo Tuck Eng Mr Ong Seng Hong Mrs Tan Foong Chei Mr Tan Keng Teng	(Psychiatrist) (Lecturer) (Asst Director, Nursing) (Asean Country Manager) (Sr Nurse Clinician) (Insurance Advisor) (Retired Nurse Manager)

Key Employees

Executive Director	Ms Rajeswari K
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Auditor

Cypress Singapore

2. Financial Information*

Income	FY2006/2007 (S\$'000)	FY2007/2008 (S\$'000)	FY2008/2009 (S\$'000)	Growth % 2008 vs 2009
Donations in Cash				
- Tax Deductible	64	139	69	-50.36%
- Non-Tax Deductible	73	33	51	54.55%
Donations in Kind				
- Tax Deductible	0	0	0	0
- Non-Tax Deductible	0	0	0	0
Grants/Sponsorships	2,255	1,933	2,665	37.87%
Investment income	13	5	3	-40.00%
Investment Gains	0	0	0	0
Others	83	136	217	59.56%
Total Income	2,488	2,246	3,005	33.79%

Expenses	FY2006/2007 (S\$'000)	FY2007/2008 (S\$'000)	FY2008/2009 (S\$'000)	Growth % 2008 vs 2009
Direct Fundraising Expenses	0	0	0	0
Charitable Activities Expenses				
- Local	476	436	507	0.16
- Overseas	0	0	0	0
Operating/Administration Expenses	1,940	2,055	1,997	(0.03)
Publicity	41	38	35	(0.08)
Capital Expenses	89	78	73	(0.06)
Others	44	35	46	0.31
Total Expenditure	2,590	2,642	2,658	(0.01)
Surplus / (Deficit)	(102)	(396)	348	1.88

BALANCE SHEET	FY2006/2007 (S\$'000)	FY2007/2008 (S\$'000)	FY2008/2009 (S\$'000)	Growth % 2008 vs 2009
ASSETS				
Land and Building	0	0	0	0
Other Tangible Assets	293	292	224	(0.23)
Investments	0	0	0	0
Inventories	0	0	0	0
Accounts Receivable	93	91	73	(0.20)
Cash & Deposits	1,113	684	1,111	0.62
Others	0	0	0	0
Total Assets	1,499	1,067	1,408	0.32
FUNDS <To breakdown by each fund as suggested below>				
Unrestricted Fund	1,402	1,007	1,355	0.35
Restricted Fund	0	0	0	0
Endowment Fund	0	0	0	0
Total Funds	1,402	1,007	1,355	0.35
LIABILITIES				
Long-Term Liabilities	0	0	0	0
Current Liabilities	97	60	53	(0.12)
Total Liabilities	97	60	53	(0.12)
Total Liabilities and Funds	1,499	1,067	1,408	0.32

Other Information	FY2006/07 (S\$'000)	FY2007/08 (S\$'000)	FY2008/09 (S\$'000)	Growth % 2008 vs 2009
Donations/ Grants and sponsorship given to other Charities (S\$'000)	0	0	0	0
No. of Employees	55	48	51	0.06
Total Employee Costs (S\$'000)	1,850	1,975	1,966	(0.01)
Total Related Party Transactions (S\$'000)	0	0	0	0
Fundraising efficiency	0	0	0	0
Ratio of reserves to annual operating expenditure	1.7	2.47	1.8	-27.13%

*The financial information to be posted online is to be extracted from your audited accounts.