

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 UEN No: S68SS0038A	IPC Status Effective Date : 1 January 2011 to 31 December 2012 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:

Board Members

President	Assoc Prof Fung Shuen Sheng Daniel	(Psychiatrist)
Vice-president	Dr Lee Cheng	(Psychiatrist)
Honorary Secretary	Ms Chio Siew Ling Joanne	(Head, Clinical Trials)
Honorary Treasurer	Assoc Prof Lim Eng Choon Leslie	(Psychiatrist)
Committee Members	Dr Ong Say How Mr Lian Thiam Huat Bernard Ms Chua Siew Hong Catherine Mr Yeo Tuck Eng Colin Mr Ong Seng Hong Mr Tan Keng Teng Dr Leong Jern-Yi Joseph Dr Yeoh Song Chian Francis Mr Koh Thong Meng Danny Mrs Tan Foong Chei	(Psychiatrist) (Lecturer) (Asst Director, Nursing) (Sales & Mktg Manager) (Srnl Nurse Clinician) (Retired Nurse Manager) (Psychiatrist) (Civil Servant) (Private Equity Investor) (Insurance Advisor)

Key Employees

Executive Director	Ms Rajeswari K
Assoc Director (Corp Services)	Mr James Wong

Auditor

Cypress Singapore PAC

1. Financial Information*						
Incoming Receipts	FY2006/ 2007	FY2007/ 2008	FY2008/ 2009	FY2009/ 2010	FY2010/ 2011	Growth % 2010 vs 2011
	(S\$'000)	(S\$'000)	(S\$'000)	(S\$'000)	(S\$'000)	
Donations						
- Tax Deductible	64	139	69	282	745	1.64
- Non-Tax Deductible	73	33	51	110	43	-0.61
Donations in Kind						
- Tax Deductible	0	0	0	0	0	0.00
- Non-Tax Deductible	0	0	0	0	0	0.00
Grants/Sponsorships	2,255	1,933	2,665	2,779	2,939	0.06
Membership fees	0	0	0	0	0	0
Investment income	13	5	3	2	1	-0.50
Investment Gains	0	0	0	0	0	0
Others	83	136	217	67	171	1.55
Total Receipts	2,488	2,246	3,005	3,240	3,899	0.20
Expenses	FY2006/ 2007	FY2007/ 2008	FY2008/ 2009	FY2009/ 2010	FY2010/ 2011	Growth % 2010 vs 2011
	(S\$'000)	(S\$'000)	(S\$'000)	(S\$'000)	(S\$'000)	
Direct Fundraising Expenses	0	0	0	67	90	0.34
Direct Charitable Expenses						
- Local	476	436	507	495	561	0.13
- Overseas	0	0	0	0	0	0
Operating/Administration	1,940	2,055	1,997	2,128	2,519	0.18
Publicity	41	38	35	30	44	0.47
Capital Expenses	89	78	73	49	54	0.10
Others	44	35	46	42	49	0.17
Total Expenditure	2,590	2,642	2,658	2,811	3,317	0.18
Excess (Deficit)	-102	-396	348	429	582	1.58
BALANCE SHEET	FY2006/ 2007	FY2007/ 2008	FY2008/ 2009	FY2009/ 2010	FY2010/ 2011	Growth % 2010 vs 2011
	(S\$'000)	(S\$'000)	(S\$'000)	(S\$'000)	(S\$'000)	
ASSETS						
Land and Building	0	0	0	0	0	0
Other Tangible Assets	293	292	224	182	194	0.07
Investments	0	0	0	0	0	0
Inventories	0	0	0	0	0	0
Accounts Receivable	93	91	73	167	120	-0.28
Cash & Deposits	1,113	684	1111	1655	2270	0.37
Others	0	0	0	0	0	0
Total Assets	1,499	1,067	1408	2004	2584	0.29
FUNDS <To breakdown by						
Unrestricted Fund	1,402	1,007	1355	1783	2366	0.33
Restricted Fund	0	0	0	0	0	0
Endowment Fund	0	0	0	0	0	0
Total Funds	1,402	1,007	1355	1783	2366	0.33
LIABILITIES						
Long-Term Liabilities	0	0	0	0	0	0
Current Liabilities	97	60	53	220	218	-0.01
Total Liabilities	97	60	53	220	218	-0.01
Total Liabilities and Funds	1,499	1,067	1408	2004	2584	0.29
Other Information	FY2006/07	FY2007/08	FY2008/09	FY2009/10	FY10/11	Growth % 2010 vs 2011
Donations/Grants and Sponsorship given to other Charities (S\$'000)	0	0	0	0	0	0
No. of Employees	55	48	51	61	60	-0.02
Total Employee Costs (S\$'000)	1,850	1,975	1966	2091	2427	0.16
Total Related Party Transaction (S\$'000)	0	0	0	0	0	0
Fundraising Efficiency (%)	0	0	0	24	16	-0.33
Ratio of reserves to annual operating expenditure		2.47	1.80	1.47	1.30	-0.12
*The financial information to be posted online is to be extracted from your audited accounts						