

PUBLIC BENEFIT

The direct benefits which flow from purpose (a) are the relief and the advancement of people who suffer from mental health, within all communities of the Derry/Londonderry area, by providing a safe and secure environment where mental health sufferers and carers can openly speak at our weekly support groups and signpost them to the appropriate services to meet their needs.

The direct benefits which flow from purpose (b) are: (i) The general public have a better understanding of mental health, which reduces the stigma surrounding mental health. (ii) Attendees of the support group have a better understanding of their mental health. (iii) The support staff will be better equipped to understand an individual's mental health needs.

These benefits can be identified by feedback from the beneficiaries can be found on our Facebook page in the review section and testimonials (www.facebook.com/pg/Me4Mental/reviews)

No harm has arisen from these purposes that has been brought to the committee's attention.

The charity's beneficiaries are those whom attend our support groups. The beneficiaries also include carers and the general public who gain an insight into mental health.

There is neither private gain nor organisational gain from the purposes of Me4Mental.

WHAT WE DO

Me4Mental provide support groups on a weekly basis, as well as a web like service, which we currently manned 24/7.

We, Me4Mental, aim to create a collaborative support network here in Derry/Londonderry. Collaboration/association with organisations that offer services to which we can refer, in terms of the care and support of the individual, on to where appropriate, is vital in order to ensure that the individual gets access to any and ALL help that is available.

The Aims & Objectives of Me4Mental are:

(a) The advancement of health and or the saving of lives by the provision of a drop-in centre that deals with Mental Health issues for individuals suffering from Mental Health, aged eighteen or over, in the Derry/Londonderry area, that is not an alcohol/drugs crisis, addiction, or rehab facility.

(b) The advancement of education of the general public throughout Derry/Londonderry of Mental Health issues to remove the stigma surrounding Mental Health. a. By informing the general public, attendees of our support groups and the support team of any courses and/or discussions regarding mental health.