

INWARDLY

England & Wales · Charity number 1192987

Details

Status Registered

Legal form CIO

Registered 2021-01-05

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: TO PRESERVE AND PROTECT PHYSICAL AND MENTAL HEALTH FOR THE PUBLIC BENEFIT BY PROVIDING FREE DIGITAL MENTAL HEALTH SUPPORT RESOURCES AND SERVICES TO BRIDGE THE GAP BETWEEN DIAGNOSIS AND WAITING TO SEE A THERAPIST.

Activities: Our purpose is to preserve and protect physical and mental health for the public benefit by providing free digital mental health support resources and services, importantly to bridge the gap between diagnosis and waiting to see a therapist.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	-	-	-	-
2024-04-05	-	-	-	-
2023-04-05	£0	£0	-	-
2022-04-05	£0	£0	-	-

Trustees

Name	Role	Appointed
Lauren Balasco	Chair	2020-11-01
Sandra Reading		2020-11-01
Sara Owen		2020-11-01