

4TOM

England & Wales · Charity number 1194191

Details

Status Registered

Legal form CIO

Registered 2021-04-22

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

Contact

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Activities

Objects: FOR THE PUBLIC BENEFIT TO RELIEVE THE NEEDS OF PEOPLE EXPERIENCING OR AFFECTED BY POOR MENTAL HEALTH AND SUICIDAL BEHAVIOUR BY: PROMOTING A BETTER UNDERSTANDING IN SOCIETY OF SUICIDE, SUICIDAL BEHAVIOUR AND THE VALUE OF EXPRESSING FEELINGS WHICH MAY OTHERWISE LEAD TO SUICIDE OR IMPAIRED EMOTIONAL HEALTH;- RAISING AWARENESS OF THE SUBSTANCE ABUSE OR ADDICTION ISSUES THAT RELATE TO SUICIDAL TENDENCIES;- SOURCING AND PROVIDING INFORMATION AND KNOWLEDGE TO HELP PUBLIC UNDERSTANDING AND AWARENESS OF SUICIDAL TENDENCIES- PROVIDING TOOLS AND SIGN POSTING TO HELP PREVENT A DEATH BY SUICIDE.- PROVIDING GRANTS OF FINANCIAL ASSISTANCE TO ENABLE THOSE WHO FIND THEMSELVES WITH MENTAL HEALTH ISSUES AND/OR SUICIDAL THOUGHTS WITH FUNDING FOR COUNSELLING AND REHABILITATION AND TO HELP FAMILIES BEREAVED THROUGH SUICIDE WITH FUNDING COUNSELLING AND TRAUMA THERAPY AND GROUP THERAPY.

Activities: Providing free counselling for individuals struggling with poor mental health and individuals bereaved by suicide . Providing bereaved by suicide support groups . Providing free suicide awareness training . Providing information to raise awareness and prevent suicide particularly suicides linked to cocaine use

Classification

- **How:** Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Bridgend
- Merthyr Tydfil
- Rhondda Cynon Taff

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£38,382	£28,892	-	-
2024-03-31	£0	£9,879	-	-
2023-03-31	£15,000	£5,000	-	-
2022-03-31	£4,448	£1,950	-	-

Trustees

Name	Role	Appointed
Nicola Smerdon	Chair	2019-03-02
LAURIE NICOLE DAVIES		2019-03-02
Lewis John Smerdon		2019-03-02
richard jones		2020-01-01