

IT'S OK NOT TO BE OK LTD

England & Wales · Charity number 1195414

Details

Other names IOKN2BOK

Status Registered

Legal form Charitable company

Company number [12919786](#)

Registered 2021-08-05

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

Contact

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Bishop's Stortford
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Activities

Objects: THE CHARITY'S OBJECTS ('THE OBJECTS') ARE FOR THE PUBLIC BENEFIT AND ARE CARRIED OUT IN ACCORDANCE WITH CHRISTIAN PRINCIPLES: TO PRESERVE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF THOSE WHO ARE STRUGGLING WITH MENTAL HEALTH ISSUES AND/OR ADDICTION BY RAISING AWARENESS OF THE SIGNS AND SYMPTOMS OF POOR MENTAL HEALTH AND THROUGH THE PROVISION OF SERVICES AND SUPPORT IN A SAFE, CONFIDENTIAL AND NON-JUDGEMENTAL ENVIRONMENT IN SUCH WAYS AND IN SUCH PLACES AS THE TRUSTEES MAY FROM TIME TO TIME DECIDE.

Activities: The Founder of the charity and all the IT'S OK NOT TO BE OK (IOKN2BOK) team are fully committed to helping people who are experiencing issues with their mental health or struggling with addictions. The biggest tool we have as a charity is to help people in their darkest days by creating environments to talk about the struggles that they find themselves in and implement the support that they need.

Classification

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

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-10-31		-	-	-
2023-10-31	£5,944	£6,246		-
2022-10-31	£14,079	£17,673		-

Trustees

Name	Role	Appointed
Anthony John Wilsher		2021-10-01
Salmon Jacobus Erasmus		2021-10-01