

# TYLER ABDUL FOUNDATION - FOR PREVENTION OF YOUNG SUICIDE

England & Wales · Charity number 1215554

## Details

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**Other names** TYFO

**Status** Registered

**Legal form** CIO

**Registered** 2025-10-29

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

## Contact

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**Address** 137 Chart Downs  
Dorking  
137 Chart Downs  
RH5 4DE

**Phone** 07572880764

**Email** [INFO@TYFO.ORG.UK](mailto:INFO@TYFO.ORG.UK)

**Website** [www.tyfo.org.uk](http://www.tyfo.org.uk)

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE TO PROMOTE GOOD MENTAL HEALTH AND PREVENT SUICIDE, IN THOSE 12-25, IN PARTICULAR, BUT NOT EXCLUSIVELY, BY:1. PROVIDING A YOUTH AMBASSADOR PROGRAMME, A KEY INITIATIVE DESIGNED TO PUT YOUNG VOICES AT THE HEART OF YOUTH SUICIDE.2. DELIVERING ACCESSIBLE AND RELEVANT WORKSHOPS FOCUSED ON YOUTH MENTAL HEALTH, EQUIPPING AND EMPOWERING YOUNG PEOPLE TO UNDERSTAND THEIR MENTAL HEALTH, RECOGNISE SIGNS OF DISTRESS IN THEMSELVES AND OTHERS, AND KNOW HOW AND WHERE TO SEEK HELP.3. RAISING AWARENESS OF THE MENTAL HEALTH CRISIS AND SIGNPOSTING PEOPLE TO SUPPORT, AND CHALLENGING CULTURAL BELIEFS AND NORMS IN ORDER TO BREAK THE STIGMA SURROUNDING POOR MENTAL HEALTH AND SUICIDE, ENCOURAGING MORE OPEN CONVERSATIONS.4. CARRYING OUT RESEARCH TO UNDERSTAND THE STATE OF MENTAL HEALTH IN UNIVERSITY STUDENTS, THE MENTAL HEALTH AND WELLBEING SERVICES AVAILABLE TO THEM, AND THE EXISTING GAPS, WITH OBJECTIVE OF WORKING WITH UNIVERSITIES TO CLOSE THOSE GAPS IN ORDER TO IMPROVE STUDENT MENTAL HEALTH AND WELLBEING, HIGHLIGHTING THE CHALLENGES STUDENTS FACE.

**Activities:** We prevent young suicide by offering to young people and their support network, workshops, peer to peer support, supportive podcasts, wellbeing activities in a safe space to learn about taking care of their mental wellbeing through movement and other beneficial activities appropriate to their age. To provide a long term safe space that is for them to use to increase confidence and well being.

## Classification

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

## Geography

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- Throughout England And Wales

## Trustees

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Name	Role	Appointed
Sharon Shahadat	Chair	2025-10-29
Charlene Abdul		2026-04-09
Helen Burnett		2025-10-29
Jason Brett		2025-10-29