



Action for Wellbeing

ONE SUICIDE IS ONE TOO MANY

Let us be there for you

We are Action for Wellbeing.

We believe that one suicide is one too many.

We are a registered charity that exists to reduce the number of suicides in South Cumbria and North Lancashire.

We provide direct, individualised support to those experiencing suicidal thoughts and feelings, bereaved by suicide, and those impacted by suicide in any way.

We have a dedicated team of volunteers and trustees who each have their own unique experience of suicide.



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Registered charity in England and Wales 1179365

