



TFU DIGITAL PLATFORM

What Are You Going Through?

*Nobody should have to navigate
their worst day alone.*

COMING SOON

"The most personal expression of everything Time for U stands for."

Sheona Walker, Founder — Time for U

THE PROBLEM

The support exists. *The pathway doesn't.*

Every year, millions of people in the UK face the worst moments of their lives — bereavement, job loss, financial crisis, abuse, trauma. They know help exists somewhere. But finding it, understanding it, and accessing it at the moment they need it most is a different matter entirely.

There are 170,000 registered charities in England and Wales alone. Millions of people in crisis each year. And no single platform that joins them up — guided by what that person is specifically going through.

170,000+

UK charities — unjoined

Millions

in crisis each year

Zero

platforms joining it all up

"When something devastating happens, people are expected to search. To navigate. To figure it out themselves.

At the worst possible moment."

Sheona Walker — built from lived experience of exactly this.

WHAT WE'RE BUILDING

One question. Any crisis.

A clear path to the right support.

What Are You Going Through? is TFU's flagship digital platform — a free, guided resource for anyone navigating a crisis, a loss, or a moment of not knowing where to turn. Whatever someone is facing, the platform meets them there and walks them forward.

Built from lived experience. Designed with compassion. Free, always.

THE PLATFORM OFFERS

**EMOTIONAL
SUPPORT**

Guided pathways to the right help — national charities, local groups, and community support near you

**PRACTICAL
GUIDANCE**

Step-by-step help with the things that feel impossible — documents, templates, and clear next steps

**LOCAL
COMMUNITY**

Charities and community groups found by postcode — so people find the support closest to them

WHO IT SERVES

- Anyone dealing with bereavement, grief, or loss
- People facing job loss, workplace harassment, or financial difficulty
- Those in immigration difficulty or crisis
- People who cannot name what is wrong but know something is
- Family and friends worried about someone they love
- Children, young people, and those who support them

Free, always. No account required. No data stored without consent.

WHY THIS EXISTS

Built from lived experience.

The roadmap I wished had existed.

"I built this because I lived it. I went through bereavement, crisis, and the overwhelming feeling of not knowing where to start — and I could not find the roadmap I needed.

*What Are You Going Through? is that roadmap.
The most personal expression of everything
Time for U stands for."*

Sheona Walker

Founder, Time for U | Creator, What Are You Going Through?

HOW IT FITS WITHIN TIME FOR U

What Are You Going Through? is not a separate venture from Time for U — it is TFU's digital expression of its founding belief. Every person, organisation, and community deserves the support to find their purpose and build on it. The platform extends that belief to everyone, at scale, at the moment they need it most.

PURPOSE-LED

Built to serve, not to profit. Free forever for individuals.

VALUES-DRIVEN

Every charity in the network selected for integrity and purpose alignment.

HUMAN-FIRST

No jargon. No bureaucracy. A platform that feels like a knowledgeable friend.

GET IN TOUCH

*To find out more, explore a partnership, or register your organisation's interest —
we would love to hear from you.*

hello@timeforu.co | timeforu.co/contact