

Suicide or Survive
(A company limited by guarantee, not having a share capital)
Report and Financial Statements
for the year ended 31 December 2018

Whiteside Cullinan
Chartered Accountants and Registered Auditors
Molesworth House,
1/2 South Frederick Street,
Dublin 2

Company Number: 397632
Charity Number: CHY16442
Charities Regulatory Authority Number: 20059231

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REFERENCE AND ADMINISTRATIVE INFORMATION

| | |
|--|--|
| Directors | Helen Allen Stephanie McDermott (Chairperson) Philippa Woolnough Cathriona Hogan Twomey (Resigned 5 June 2018) Pearse Finnegan (Resigned 4 December 2018) Melissa Bosch Aoife Ní Mhurchú (Appointed 5 June 2018) Tracey Carney (Appointed 21 August 2018) Simon Daly (Appointed 20 October 2018) |
| Company Secretary | Helen Allen |
| Chief Executive Officer | Caroline McGuigan |
| Charity Number | CHY16442 |
| Charities Regulatory Authority Number | 20059231 |
| Company Number Registered Office | 397632 Stonebridge House, Stonebridge Close, Shankill, Co Dublin |
| Auditors | Whiteside Cullinan Chartered Accountants and Registered Auditors Molesworth House, 1/2 South Frederick Street, Dublin 2 |
| Bankers | AIB Bank Georges Street, Dun Laoghaire, Co. Dublin |

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DIRECTORS' ANNUAL REPORT

for the year ended 31 December 2018

The directors present their Directors' Annual Report, combining the Directors' Report and Trustees' Report, and the audited financial statements for the year ended 31 December 2018.

The company is a registered charity and hence the report and results are presented in a form which complies with the requirements of the Companies Act 2014 and, although not obliged to comply with the Statement of Recommended Practice (Charities SORP effective January 2015), the organisation has implemented its recommendations where relevant in these financial statements.

The company is limited by guarantee not having a share capital.

Directors

The directors who served throughout the year, except as noted, were as follows:

Helen Allen
Stephanie McDermott (Chairperson)
Philippa Woolnough
Cathriona Hogan Twomey (Resigned 5 June 2018)
Pearse Finnegan (Resigned 4 December 2018)
Melissa Bosch
Aoife Ní Mhurchú (Appointed 5 June 2018)
Tracey Carney (Appointed 21 August 2018)
Simon Daly (Appointed 20 October 2018)

In accordance with the Constitution, the directors retire by rotation and, being eligible, offer themselves for re-election.

Objectives and Activities

The objects for which the organisation is established are:

- to break down the stigma associated with mental health and suicide;
- to provide one-to-one therapy and counselling, educational and therapeutic programmes, workshops, seminars, workbooks/worksheets and online resources for the general public and more particularly for those who have attempted and/or contemplated suicide along with signposting people who require referral to the appropriate supports and services.

Vision: A world where everyone is empowered to look after their mental health and less people die by suicide.

Mission: To create and deliver innovative approaches that educate, inform and inspire people to cultivate good mental health and reduce stigma leading to less death by suicide

Values: Behind every statistic on suicide and self-harm, there is a person. Based on this fundamental principle, everything we do is based on:

- Genuineness
- Understanding
- Respect
- Acceptance

The organisation was born from the recognition existing services for those who have attempted or contemplated suicide have significant gaps. One of the main motivations behind the work of SOS is the desire to harness individuals' own strengths and provide them with the tools to improve their own mental wellness. Underlying SOS's vision is the idea that "behind every statistic on suicide and self-harm, there is a person" (Suicide or Survive 2012) and that every person has the capability of living a full life regardless of the challenges they may face in their mental health throughout their lives. Suicide or Survive started at Caroline's kitchen table born out of her own lived experience and that of people she came into contact with. The organisation has always remained true to its roots with the influence of the lived experience of people with their mental health and their human messiness in everything it does.

The aim of the organisation is to fill the gaps in existing services for those who have attempted or contemplated suicide and to compliment other services and supports. The gaps that have been identified to date through personal experience and feedback from people who have attempted or contemplated suicide, and through available research literature include a lack of psycho-educational interventions that can be easily accessed and that are not prohibitively costly to the individual and a safe space to explore experiences and seek support.

The principle underpinning recovery approaches is that people can and do recover from mental health difficulties

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(however severe they may be) and go on to live lives of their own choosing. Recovery is a personal journey rather than an end point whereby the individual recovers or reconstructs a positive and valued sense of identity and purpose. It is about reclaiming personal control and a positive sense of self and recovering a belief and trust in oneself, a recovery of one's voice and a belief and hope in an ability to live a meaningful contributing life despite the challenges we may confront.

Integrity, Wellbeing, Quality

Everything we do at Suicide or Survive is driven by our 3 bottom lines:

- The integrity of our purpose
- The wellbeing of our people
- The quality of our services

All three are central to the decisions we make as an organisation.

Integrity of Purpose

We fulfil our purpose by listening to the voice of the service user and developing and delivering services and programmes that meet their needs and offer them choice. Fulfilling this purpose is the reason we exist.

Wellbeing of our People

We are acutely aware that without our people the organisation would not exist. We value our people by creating a workplace that fosters genuineness, personal growth and community. We focus on promoting both physical and mental wellbeing.

Quality of our Services

Our services are developed and delivered based on 4 key principles: genuineness, understanding, respect and acceptance. Our focus is on excellence in all we do. Evaluation and continuous improvement are an integral part of every aspect of the organisation.

Respecting all of our Stakeholders

At Suicide or Survive we are committed to honouring all of our stakeholders. This includes:

Participants: We respect the people who participate in our programmes by acting as partners rather than experts and by meeting them as equal human beings with different experiences and perspectives on life. We demonstrate this by providing a high quality physical environment and by listening to and hearing participants from their own perspective. We recognise that while we have a responsibility towards participants, we are not responsible for them, they are responsible for themselves.

Partners: Everything we do we do in partnership. We believe that it is only by working together that we can achieve our aims of a mentally healthy society where suicide rates are reduced to their minimum. We strive to create relationships with our partners based on transparency, open communication and honesty. We create equitable agreements and commit ourselves to acting with care and integrity.

Employees: We invest in the wellbeing of our employees by creating a positive work environment. We set time aside once a month for creative development and in every working day for mindfulness/meditation, healthy eating, exercise and fun. We are flexible and fair.

Funders: We respect our funders by providing high quality services and programmes that represent value for their investment. We strive for excellence in our governance to ensure that funds are used where they are most needed. We barter and bargain with our partners and invest any funds saved to expand the number of people to whom we can provide services.

Community: We are committed to supporting those who are working to build community through our partnership approach. We foster integration by bringing communities together to focus on mental health and wellbeing through our programmes. We emphasise the importance of supporting each other.

Achievements and Performance

Since being founded in 2003, Suicide or Survive has sought to develop and deliver programmes in support of its objectives, including the provision of Psycho-educational and support programmes. We continue to expand and improve these programmes, as described in detail below, and to date over 550,000 people have visited our highly acclaimed online Wellness Workshop, over 6,000 people have participated in our One Day Wellness Workshop, more than 100 people have gone through our Train the Trainer WRAP programme which includes mentoring, over

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250 people have participated on our 6 month Eden Programme and over 750 have participated on our two and a half day WRAP. In 2018 our Supporters Programme got fully underway and to date over 100 people have participated in the two and a half day programme. Our new youth version of the online Wellness Workshop www.youmatter.ie was vigorously promoted in early 2018 and we have had very positive feedback from schools.

All of our work is externally evaluated and evidence based and clearly highlights our outcomes and impact. During 2018 we welcomed positive evaluations of our programmes from DCU and the team at NUI Maynooth.

Financial Review

Our 2018 accounts reflect the continued growth of the organisation thanks to the support of the National Office of Suicide Prevention, the Iris O'Brien Foundation and our wonderful fundraisers and volunteers.

This allows SOS to strategically plan for the future. The board continue to monitor budgets and results to ensure the financial stability of the organisation and that all generated funds are used to maximum efficiency.

Structure, Governance and Management

The organisation is led by a voluntary Board of Directors, and the CEO is supported by this board. Along with leading the charity in all operational and strategic aspects of the organisations work, the CEO is also a psycho-therapist and group facilitator. In addition to the CEO, there is a full time Programme Manager, a Programme Coordinator, an Office Manager, two administrators (one full-time and one part-time), a volunteer in an administrative role and a part-time administrator on a Tús programme. We also have a panel of 11 contract facilitators, a business consultant, a HR consultant and a communications consultant who work with us on a needs basis.

The CEO and Programme manager are both hands on in terms of facilitating in all our programmes as part of our quality control and fidelity management system.

All of our programmes are internally evaluated on an ongoing basis to ensure that programme fidelity is being maintained and to ensure that the voice of the service user is heard and used to refine and develop all programmes. We also commission external evaluations of our programmes on a periodic basis.

The entire organisation is run in line with government policy in relation to the recovery principles.

Suicide or Survive has, since November 2014, adopted and is full compliant with The Governance Code (Code of Practice for Good Governance of Community, Voluntary and Charitable Organisations in Ireland).

As a charity seeking donations from the public we at Suicide or Survive are fully committed to achieving the standards contained in the Statement of Guiding Principles for Fund raising.

We do this in order to:

- Monitor and improve our fundraising practice
- Ensure high levels of accountability and transparency in our fundraising practice and the use of funds raised
- Provide clarity and assurances to our donors/ prospective donors about Suicide or Survive and how we work

Decision Making Process

Decisions on the strategic direction of the organisation and its overall governance are made by the voluntary Board of Directors with the assistance of the CEO. This decision making is done in consultation with the management team and relevant consultants and advisors where appropriate and/ or necessary. There is a clear line of communication between the CEO and the Board with clarity on the role of each in the governance of the organisation outlined in our policy on reporting arrangements between the CEO and the Board. The CEO provides the board with a comprehensive update on the achievement of the strategic plan and on financial budgetary matters. As a small organisation there is no requirement for Board committees.

Board Member Recruitment, Induction and Development

Potential new Board Members are identified by Board and the CEO based on the needs of the organisation and the individuals' expertise, experience and their passion for change in the area of mental health and suicide. Board members are inducted in accordance with the organisations induction policy and procedure and all comply with Suicide or Survive's code of ethics for board members. Governance training is ongoing in the organisation for both board members and staff with a full day dedicated to bring all staff, facilitators, consultants and board members together to stay on top of all pertinent governance issues. The training needs of board members are assessed on a bi-annual basis and measures are taken to meet any needs identified. Board members are invited to quarterly CPD sessions that are run by Suicide or Survive for our team and facilitators. Organisational supervision is made available for the Chairperson and other board members on a needs driven basis.

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Transparency

The Board believes that Suicide or Survive, and all charities, should be fully accountable to the general public by providing detailed information on where its funds come from and on what they are spent on. To this end we have committed to operating to the triple lock of standards, namely, transparent reporting, good fundraising practices and strong governance.

Suicide or Survive has formally adopted and is publicly signed up to the Statement of Guiding Principles for Fundraising, to the Governance Code for the Community and Voluntary Sector, and we prepare our annual report and financial statements in full compliance with the Charity SORP (Standard of Reporting Practice under FRS102).

Conflicts of Interest

All staff (both in house and contract) and board members sign an annual conflict of interest statement and any and all conflicts and potential conflicts of interest are dealt with in accordance with our policy on Conflicts of Interest which is available on our website.

Principal Risks and Uncertainties

In common with all charitable organisations, the company has uncertain income streams, and accordingly the ability to continue to fund program commitments is the greatest risk facing the company. To manage this risk, the company operates a rolling 3-year budgeting process, with interim reviews every 6 months. Programmes are only commenced once the funding required to bring them to completion have been confirmed or is in hand.

It remains the objective of the board that unrestricted funds which have not been designated for a specific purpose should be maintained at a level to fund operations for between three and six months. The trustees believe that maintaining reserves at this level will allow the organisation continue to operate and make appropriate changes in the event of a dramatic change in the current funding model.

Auditors

The auditors, Whiteside Cullinan, have indicated their willingness to continue in office in accordance with the provisions of Section 380 of the Companies Act 2014.

Statement on Relevant Audit Information

There is no relevant audit information of which the statutory auditors are unaware. The directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and they have established that the statutory auditors are aware of that information.

Compliance Statement

The directors are responsible for securing the company's compliance with its relevant obligations (compliance with both company and tax law) and with respect to each of the following three items, we confirm that it has been done. We confirm:"

- the existence of a compliance policy statement;
- appropriate arrangements or structures put in place to secure material compliance with the company's relevant obligations;
- a review of such arrangements and structures has taken place during the year

Accounting Records

To ensure that adequate accounting records are kept in accordance with Sections 281 to 285 of the Companies Act 2014, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The accounting records are located at the company's office at Stonebridge House, Stonebridge Close, Shankill, Co Dublin

Our Strategy Principles

Our Founder had a vision to approach mental health differently, a vision that puts the power and responsibility back in the hands of the individual. A vision that says there is another way that will lead to a person driving their own recovery through practical and educational tools to build resilience and nurture hope and wellbeing. A vision that placed collaboration and partnership at the heart of what Suicide or Survive would do. SOS delivers the change it was set up to bring about.

During 2018 we continued to follow the work outlined in our Strategic Plan 2017-20 under seven strategic goals.

Key strategic goals

1. Improve the nation's understanding of, and attitudes to suicidal behaviour, mental health and wellbeing
2. Support local community's capacity to prevent and respond to suicidal behaviour and to enhance accessibility,

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consistency and care pathways of services for people vulnerable to suicidal behaviour

3. Target approaches to reduce suicidal behaviour and improve mental health among priority groups
4. Develop and deliver evidence based services that meet the expressed and emerging needs of service users

Supporting goals

5. Build the Suicide or Survive brand as a provider of practical and safe services in the area of mental health and suicide prevention
6. Build the resources both financial and in terms of personnel to deliver on this strategy
7. Establish SOS as best in class within the charity sector in terms of its governance and organisational effectiveness

Connecting For Life - NOSP

All of SOS's programmes have been developed and adapted to align with the National Office for Suicide Prevention's Connecting for Life Strategy.

Connecting for Life is the national strategy to reduce suicide over the period 2015-2020. It sets out the Irish Government's vision for suicide prevention, the expected outcomes over these five years and the actions that will be taken to prevent suicide and self-harm in Ireland. The Vision of Connecting for Life, is an Ireland where fewer lives are lost through suicide, and where communities and individuals are empowered to improve their mental health and wellbeing.

Strategic Goals and Objectives of Connected For Life

1. To improve the nation's understanding of, and attitudes to, suicidal behaviour, mental health and wellbeing.
2. To support local communities' capacity to prevent and respond to suicidal behaviour.
3. To target approaches to reduce suicidal behaviour and improve mental health among priority groups.
4. To enhance accessibility, consistency and care pathways of services for people vulnerable to suicidal behaviour.
5. To ensure safe and high-quality services for people vulnerable to suicide.
6. To reduce and restrict access to means of suicidal behaviour.
7. To improve surveillance, evaluation and high quality research relating to suicidal behaviour.

More detailed information on the strategy is available on the dedicated Connecting for Life website www.connectingforlifeireland.ie

Our Primary Programmes

The Eden Programme

Eden creates a space in which people who are contemplating suicide or who have attempted suicide can recognise that suffering is universal, their capacity to learn and grow and explore what it would be like to live. It is a learning and educational programme that emphasis self-support, group support, professional support, wider support of family and community and all driven by the person. Eden is a programme of equality, driven by the needs and the language of the service user rather than by expert knowledge. Dignity and respect for the full person is held, and in which there is full trust in people's capacity for choice and in the capacity to take full responsibility for their own lives and wellbeing. The programme forms one part of an individual's support system and encourages those who attend to work on building natural supports in their own communities. It focuses on empowering participants to develop and use a range of tools to monitor and manage their mental health on a day to day basis and more particularly in times of emotional crisis. The programme aims to provide people who have attempted and/ or thought about suicide with an opportunity to explore their own experiences, develop their personal skills and source avenues of support and assistance. It is a 26 week closed group programme which is educational in nature with a therapeutic element. It runs for 3 hours one day per week and each programme is attended by up to 16 participants.

"Personally, I will miss it, these last 6 months, Wednesday has been the focus of my week. As well as the other work I have been doing on improving my mental health it has helped me to get back on my feet and get back to work and to come to terms with myself. It has moved me to the complete opposite of the spectrum of suicide. I am very grateful to have been able to participate in the course." - Eden Galway

"I feel I have control of myself again my mind. I feel I own my mind more than I did and through Eden I learned to accept personal responsibility which was such a relief. I have a lot more respect for myself and my journey. Suicide is no longer an option for me and that is very real." Eden Mayo

During 2018, four programmes ran in Dublin, Mayo, Galway and Roscommon, reaching more than 60 individuals.

The Wellness Workshop

This programme is delivered in full partnership in communities nationwide. The Wellness workshop provides tips,

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techniques and skills for day to day mental health. It includes the narrative of “a life lived” in line with social connection and how evidence shows us time and time again the necessity for this for true change. The Workshop also explores our whole life and how to break it down into bite size, the value of daily practices, exploring our thought patterns and how this feeds into neuroplasticity and the evidence that tells us we can re-wire our brains and create new pathways. The Wellness Workshop is a one-day programme run in partnership with local communities and organisations throughout the country. Participants book themselves on to the Workshop through our website or by calling our office and it has been designed to suit everyone including those who have experienced mental health difficulties and those who are interested in developing and maintaining their mental wellness. The Workshop aims to harness individuals own strengths and provide them with the tools to improve their own mental wellness. It encourages them to take personal responsibility for their own mental health and to identify what they can and will do to look after it on a daily basis.

The Workshop is supported by a Workbook that is made available to participants who attend. The Workbook, which was developed based on a recommendation from an evaluation of the Workshop carried out by Trinity College Dublin in 2012, contains information, exercises and worksheets based on the material delivered during the Workshop. Each programme facilitates up to 50 participants.

“The set up was well created. Good mix of exercises, wisdoms, simplicity, laughter, hopeful attitudes. Very empowering workshop.” Kerry 2018

“I could relate a lot of it to my life. Especially the wolf of hope and wolf of depression as I for years had the wolf of depression sitting on my lap. The wolf of hope is now gradually coming into my life.” Donegal, 2018

“I loved all of it, it’s the most memorable and authentic and valuable workshop experience I’ve ever engaged in so thank you.” Waterford, 2018

During 2018 a total of 33 workshops were delivered reaching over 1,300 people.

WRAP (Wellness Recovery Action Planning)

WRAP is a mental wellness self-management programme, developed in the United States by Mary Ellen Copeland. Building on the fundamentals introduced in the Wellness Workshop, this programme give people an opportunity to further explore their day-to-day mental health skills, strategies, their triggers, action plans marinated in key concepts of hope, personal responsibility, knowledge, advocacy and support. It is the only programme which SOS delivers but did not develop itself. Participants on the WRAP programme develop their own Wellness Recovery Action Plan that they can use to monitor and manage their own mental health. Participants develop practical action plans that they can use on a daily basis, to support themselves when they are triggered, to help restore their mental health when it slips and to work their way through crisis and post-crisis periods in their lives. WRAP is based on recovery principles and can be of benefit to anyone as we all have mental health and can all experience challenges to our mental health. There are 3 versions of WRAP available, one for use with adults, a second for use with youth and a third for use with children. There is a wealth of evidence to demonstrate the effectiveness of the WRAP programme as a mental health maintenance tool and as a way of retaining some control particularly in times of mental health crisis. Each programme facilitates up to 20 participants.

“I felt the programme was fantastic. It was incredibly interactive yet voluntary, meaning we were not asked to share anything, we were encouraged. I felt Jo and Noeleen worked well in keeping a good atmosphere and making us feel comfortable to share. After each day I left feeling as well as I could have.” Dublin, 2018

“The learning from the group which was brought out by the facilitators was particularly useful, Great humanness from the facilitators which transferred to the group.” Waterford, 2018

“Excellent, non-judgmental, very informative. Best, most useful programme I’ve done for my mental wellness.” Dublin, 2018

During 2018 a total of 19 programmes were delivered, reaching 265 people.

Other programmes and activities

Wellness Workshops Online

An online version of the Wellness Workshop was developed based on feedback from participants via one of the evaluations carried out by TCD. Participants said that it would be useful for them to have access to the learning from the Workshop on an ongoing basis. Cognisant of this, and the fact that there are people who cannot attend the face-to-face Workshop because of mobility or transport issues, Suicide or Survive developed the online Wellness Workshop. It follows the format of the face-to-face Workshop and contains live videos, short animations and worksheets that people can download to use in their own time. Each module of the online Workshop can be

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accessed as a stand-alone module so that people can use the part of the Workshop that is most relevant to them at any given time. The online Workshop is available on www.wellnessworkshop.ie and a youth version of the online Workshop can be accessed on www.youmatter.ie which has received extremely positive feedback from young people and schools. Feedback from those who have used the online Workshop has been very similar to that from people attending the face-to-face Workshop.

Prison Mentoring

Suicide or Survive has been working with prisoners in Wheatfield Place of Detention since 2012 when we delivered our first Wellness Workshop there. We have continued to bring our Wellness Workshop to the prison since then and have also facilitated WRAP programmes for both prisoners and staff. In 2014 we commenced a pilot programme to train 8 prisoners as mental health mentors to work informally in the prison providing support to other prisoners around using their learning from the Wellness Workshop and WRAP to take care of their own mental health and encouraging them to link in with formal support services in the prison. In 2016 of these 8 men graduated as mentors. Trinity College Dublin carried out an evaluation of the mentor training programme with a report produced in 2017 which indicated that the programme was a huge success, not only for the men taking part but also from the perspective of those who used the mentoring service and in terms of a cultural shift around mental health in the prison. During 2018 Suicide or Survive continued to train the second group of Mental Health Mentors in Wheatfield Place of Detention. This involved training a group of prisoners to become mental health mentors and to support other prisoners in an informal way to use their learning from the Wellness Workshop and WRAP programme. We ran 5 one day mentor training sessions in the first half of 2018.

Programmes Delivered in 2018

| PROGRAMME | NUMBER DELIVERED (Completed or commenced) |
|---|---|
| Eden Programme 26 week programme, up to 16 Participants | 4 in Dublin, Mayo, Galway and Roscommon |
| Wellness Workshop Community 1 Day Programme, up to 50 Participants | 33 Workshops nationwide |
| W.R.A.P. 2.5 day Programme, up to 20 Participants | 21 Programmes nationwide |
| Supporters Programme 2.5 day Programme, up to 16 Participants | 6 Programmes Nationwide |
| Corporate Culture Change Programmes | 85 Programmes in total |
| Corporate managers (up to 30 participants) | 19 |
| Corporate staff (up to 50 participants) | 57 |
| Corporate half day | 5 |
| Corporate supervision | 4 |
| Online Wellness Workshop Available Worldwide | 550,000 hits |

Funders Volunteers and Supporters

Suicide or Survive have the great fortune to receive funding from different sources, the Iris O'Brien Foundation, the National Office of Suicide Prevention, the HSE and the wonderful fundraisers all of whom journey with SOS to be part of change in our country. Suicide or Survive are also truly blessed with the wonderful volunteers who give their time, expertise, commitment and heart to the innovative and life changing work on the ground. The dedication, commitment, kindness and belief of everyone allows SOS to continue to lead change in mental health and suicide prevention. Thank you from the bottom of our hearts. "Be a rainbow in someone else's cloud" - Maya Angelou

NATIONAL ANTI STIGMA CAMPAIGN SOS NATIONAL TEA BREAK

Suicide or Survive (SOS) National Tea Break - let's get the nation talking about mental health tea breaks in September and annual World Suicide Prevention Day Luncheon.

The Annual World SOS Suicide Prevention Day Luncheon was successfully held on Friday 7 September to mark the milestone day. September as always was dedicated to encouraging businesses, communities and individuals to host tea breaks, both to get people talking about mental health and also to raise vital funds for the organisation. This is extremely resource intensive and its viability was drawn into question given the low funds raised and it was decided to review this for 2019.

Plans for the Future

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Continue to improve the nation's understanding of, and attitudes to suicidal behaviour, mental health and wellbeing
Continue to support local community's capacity to prevent and respond to suicidal behaviour and to enhance accessibility, consistency and care pathways of services for people vulnerable to suicidal behaviour.

The future direction of the organisation will be driven by the following aims:

- To continue to target approach to reduce suicidal behaviour and improve mental health among priority groups
- To continue to develop and deliver evidence based services that meet the expressed and emerging needs of service users
- To continue to build the Suicide or Survive brand as a service provider of practical and safe services in the area of mental health and suicide prevention
- To continue to build the resources both financial and in terms of personnel to delivery our strategy
- To continue to establish SOS as best in class within the Charity Sector in terms of its Governance and Organisational Effectiveness.

Associations and Representative bodies

SOS is an Associate Member of Mental Health Reform - Ireland's leading national coalition of organisations campaigning to transform mental health and well-being supports in Ireland.

SOS is also a member of Charities Institute Ireland. As such, we are bound by the triple lock system, which means that we adhere to the principles of transparent accounting, good governance and good fundraising.

Signed on behalf of the Board

Stephanie McDermott (Chairperson)
Director

Helen Allen
Director

Date: 7 May 2019

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DIRECTORS' RESPONSIBILITIES STATEMENT

for the year ended 31 December 2018

The directors are responsible for preparing the financial statements in accordance with applicable Irish law and Generally Accepted Accounting Practice in Ireland including the accounting standards issued by the Financial Reporting Council.

Company law requires the directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the net income or expenditure of the charity for that year. In preparing these financial statements the directors are required to:

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether the Charities SORP (effective January 2015) has been followed;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The directors confirm that they have complied with the above requirements in preparing the financial statements.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements are prepared in accordance with accounting standards generally accepted in Ireland and with Irish Statute comprising the Companies Act 2014, and all Regulations to be construed as one with those Acts. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the directors are aware:

- there is no relevant audit information (information needed by the charity's auditor in connection with preparing the auditor's report) of which the charity's auditor is unaware, and
- the directors have taken all the steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

Signed on behalf of the Board of Directors

Stephanie McDermott (Chairperson)

Director

Helen Allen

Director

Date: 7 May 2019

INDEPENDENT AUDITOR'S REPORT

to the Members of Suicide or Survive

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We have audited the financial statements of Suicide or Survive for the year ended 31 December 2018 which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet, the Cash Flow Statement, the Accounting Policies and the related notes. These financial statements have been prepared under the accounting policies set out therein.

This report is made solely to the company's members, as a body, in accordance with Section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of directors and auditors

As described in the Statement of Directors' Responsibilities, the company's directors are responsible for the preparation of the financial statements in accordance with applicable law and the accounting standards issued by the Financial Reporting Council (Generally Accepted Accounting Practice in Ireland).

Our responsibility is to audit the financial statements in accordance with relevant legal and regulatory requirements and International Standards on Auditing (UK and Ireland).

We report to you our opinion as to whether the financial statements give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, and are properly prepared in accordance with the Companies Act 2014. We state whether we have obtained all the information and explanations we consider necessary for the purposes of our audit and whether the financial statements are in agreement with the books of account. We also report to you our opinion as to:-

- whether the company has kept proper books of account; and
- whether the Directors' Annual Report is consistent with the financial statements.

We report to the members if, in our opinion, any information specified by law regarding directors' remuneration and directors' transactions is not given and, where practicable, include such information in our report.

We read the Directors' Annual Report and consider the implications for our report if we become aware of any apparent misstatement within it.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the directors; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Directors' Annual Report to identify material inconsistencies with the audited financial statements. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Basis of opinion

We conducted our audit in accordance with International Standards on Auditing (UK and Ireland) issued by the Auditing Practices Board. An audit includes examination, on a test basis, of evidence relevant to the amounts and disclosures in the financial statements. It also includes an assessment of the significant estimates and judgements made by the directors in the preparation of the financial statements, and of whether the accounting policies are appropriate to the company's circumstances, consistently applied and adequately disclosed.

We planned and performed our audit so as to obtain all the information and explanations which we considered necessary in order to provide us with sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or other irregularity or error.

In forming our opinion we also evaluated the overall adequacy of the presentation of information in the financial statements.

INDEPENDENT AUDITOR'S REPORT

to the Members of Suicide or Survive

(A company limited by guarantee, not having a share capital)

Opinion

In our opinion the financial statements:

- give a true and fair view, in accordance with Generally Accepted Accounting Practice in Ireland, of the state of affairs of the company as at 31 December 2018 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014

We have obtained all the information and explanations that we consider necessary for the purposes of our audit. In our opinion proper books of account have been kept by the company. The financial statements are in agreement with the books of account.

In our opinion the information given in the Directors' Annual Report is consistent with the financial statements.

Matters on which we are required to report by exception

we have nothing to report in respect of the provisions in the Companies Act 2014 which require us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions specified by Sections 305 to 312 of the Act are not made.

Alan McLean

for and on behalf of

WHITESIDE CULLINAN

Chartered Accountants and Registered Auditors

Molesworth House,

1/2 South Frederick Street,

Dublin 2

Date: 7 May 2019

Suicide or Survive

(A company limited by guarantee, not having a share capital)

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)

for the year ended 31 December 2018

| | Unrestricted Funds 2018 € | Total 2018 € | Total 2017 € |
|--|------------------------------------|--------------------|--------------------|
| Incoming Resources | | | |
| Generated funds: | | | |
| Voluntary Income | | | |
| Donations | 33,877 | 33,877 | 115,729 |
| Activities for generating funds | | | |
| Fundraising | 171,418 | 171,418 | 117,411 |
| Income from Workshops and Online Programs | 102,807 | 102,807 | 54,110 |
| Grants Receivable for Core Activities | 313,551 | 313,551 | 334,792 |
| Other Income | 8,419 | 8,419 | - |
| Total incoming resources | 630,072 | 630,072 | 622,042 |
| Resources Expended | | | |
| Fundraising | 40,545 | 40,545 | 29,617 |
| Net Incoming Resources available for charitable application | 589,527 | 589,527 | 592,425 |
| Resources Expended on Charitable Activities | | | |
| Delivery of Services | 395,756 | 395,756 | 396,410 |
| Support Costs | 152,564 | 152,564 | 172,829 |
| Governance Costs | 2,811 | 2,811 | 7,485 |
| | 551,131 | 551,131 | 576,724 |
| Total Resources Expended | 591,676 | 591,676 | 606,341 |
| Gross transfers between funds | - | - | - |
| Surplus/(deficit) for the year | 38,396 | 38,396 | 15,701 |
| Net movement in funds for the year | 38,396 | 38,396 | 15,701 |
| Reconciliation of funds | | | |
| Balances brought forward at 1 January 2018 | 134,926 | 134,926 | 119,225 |
| Balances carried forward at 31 December 2018 | 173,322 | 173,322 | 134,926 |

Approved by the Board of Directors on 7 May 2019 and signed on its behalf by:

Stephanie McDermott (Chairperson)
Director

Helen Allen
Director

Suicide or Survive

(A company limited by guarantee, not having a share capital)

BALANCE SHEET

as at 31 December 2018

| | Notes | 2018 € | 2017 € |
|---|-------|----------------|-----------------|
| Fixed Assets | | | |
| Tangible assets | 7 | <u>8,351</u> | <u>9,593</u> |
| Current Assets | | | |
| Debtors | 8 | 8,419 | 28,000 |
| Cash and cash equivalents | | <u>166,069</u> | <u>107,595</u> |
| | | 174,488 | 135,595 |
| Creditors: Amounts falling due within one year | 9 | <u>(9,517)</u> | <u>(10,262)</u> |
| Net Current Assets | | <u>164,971</u> | <u>125,333</u> |
| Total Assets less Current Liabilities | | <u>173,322</u> | <u>134,926</u> |
| Funds | | | |
| General fund (unrestricted) | | <u>173,322</u> | <u>134,926</u> |
| Total funds | 12 | <u>173,322</u> | <u>134,926</u> |

Approved by the Board of Directors on 7 May 2019 and signed on its behalf by:

Stephanie McDermott (Chairperson)
Director

Helen Allen
Director

Suicide or Survive

CASH FLOW STATEMENT

for the year ended 31 December 2018

| | Notes | 2018 € | 2017 € |
|--|-----------|-----------------------|-----------------------|
| Cash flows from operating activities | | | |
| Net movement in funds | | 38,396 | 15,701 |
| Adjustments for: | | | |
| Depreciation | | 3,202 | 2,611 |
| | | <u>41,598</u> | <u>18,312</u> |
| Movements in working capital: | | | |
| Movement in debtors | | 19,581 | (28,000) |
| Movement in creditors | | (745) | (53,660) |
| | | <u>60,434</u> | <u>(63,348)</u> |
| Cash flows from investing activities | | | |
| Payments to acquire tangible assets | | (1,960) | (4,810) |
| | | <u>58,474</u> | <u>(68,158)</u> |
| Net increase in cash and cash equivalents | | 107,595 | 175,753 |
| Cash and cash equivalents at 1 January 2018 | | <u>107,595</u> | <u>175,753</u> |
| Cash and cash equivalents at 31 December 2018 | 14 | <u><u>166,069</u></u> | <u><u>107,595</u></u> |

Suicide or Survive

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2018

1. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared in accordance with the Statement of Recommended Practice (Charities SORP in accordance with FRS 102, effective January 2015) and with generally accepted accounting principles in Ireland and Irish statute comprising the Companies Act 2014. They comply with the financial reporting standards of the Accounting Standards Board, as promulgated by Chartered Accountants Ireland. The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the charitable company's financial statements.

Unrestricted free reserves

Unrestricted funds are general funds available for use in furtherance of any of the objectives of the charity.

Unrestricted designated funds

Unrestricted designated funds are funds received with specific expenditure requirements attaching, including operational grant funding. Designated funds are recognised when the associated expenditure has been incurred. Unexpended designated funds held at the end of the Financial Period are treated as Deferred Income. Ongoing regular communications are maintained with the Designated funds provider to update them on the sums expended or balances retained.

Incoming Resources

Voluntary income or capital is included in the Statement of Financial Activities when the company is legally entitled to it, its financial value can be quantified with reasonable certainty and there is reasonable certainty of its ultimate receipt.

Grants from Governments and institutional donors are recognised as income when the activities which they are intended to fund have been undertaken, the related expenditure incurred, and there is reasonable certainty of receipt.

Income from charitable activities includes income recognised as earned, and would include voluntary income received from course participants.

Resources Expended

Expenditure is recognised on an accruals basis as liabilities are incurred. Expenditure includes VAT, where applicable, which cannot be recovered, and is reported as part of the expenditure to which it related.

Resources expended are allocated in as far as is practically possible between 3 categories of expenditure, namely the cost of raising funds, the costs relating directly to the services provided, and, the support costs of the central administration of the organisation and centralised services.

Expenditure on raising funds comprise the costs associated with attracting voluntary income and the costs associated with fundraising events.

Costs of Operations include costs that are directly attributable to the activities undertaken in pursuit of the charity's objectives.

Support costs include the costs operating the central administration office of the charity, which provides support to all aspects of the organisation's activities including service provision, fundraising and donor supports.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

| | | |
|----------------------------------|---|-------------------|
| Fixtures, fittings and equipment | - | 20% Straight line |
|----------------------------------|---|-------------------|

Taxation

The company is exempt from Corporation Tax due to its charitable status.

Suicide or Survive

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2018

6. EMPLOYEES AND REMUNERATION

Number of employees

The average number of persons employed (including executive directors) during the year was as follows:

| | 2018 | 2017 |
|----------------------|---------------|--------|
| | Number | Number |
| Support Staff | 4 | 4 |
| Program Co-ordinator | 1 | 1 |
| Chief Executive | 1 | 1 |
| | 6 | 6 |

The staff costs comprise:

| | 2018 | 2017 |
|-----------------------|----------------|---------|
| | € | € |
| Wages and salaries | 214,961 | 210,913 |
| Social security costs | 23,085 | 22,226 |
| | 238,046 | 233,139 |

No employee earns less than €25,000 or more than €65,000 per annum.

7. TANGIBLE FIXED ASSETS

| | Fixtures, fittings and equipment | Total |
|-----------------------|---|--------------|
| | € | € |
| Cost | | |
| At 1 January 2018 | 14,053 | 14,053 |
| Additions | 1,960 | 1,960 |
| At 31 December 2018 | 16,013 | 16,013 |
| Depreciation | | |
| At 1 January 2018 | 4,460 | 4,460 |
| Charge for the year | 3,202 | 3,202 |
| At 31 December 2018 | 7,662 | 7,662 |
| Net book value | | |
| At 31 December 2018 | 8,351 | 8,351 |
| At 31 December 2017 | 9,593 | 9,593 |

Suicide or Survive

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2018

continued

7.1 TANGIBLE FIXED ASSETS PRIOR YEAR

| | Fixtures, fittings and equipment € | Total € |
|--|---|---------------------|
| Cost | | |
| At 1 January 2017 | 9,243 | 9,243 |
| Additions | 4,810 | 4,810 |
| | <u>14,053</u> | <u>14,053</u> |
| At 31 December 2017 | 14,053 | 14,053 |
| Depreciation | | |
| At 1 January 2017 | 1,849 | 1,849 |
| Charge for the year | 2,611 | 2,611 |
| | <u>4,460</u> | <u>4,460</u> |
| At 31 December 2017 | 4,460 | 4,460 |
| Net book value | | |
| At 31 December 2017 | <u>9,593</u> | <u>9,593</u> |
| At 31 December 2016 | <u>7,394</u> | <u>7,394</u> |
| 8. DEBTORS | 2018 | 2017 |
| | € | € |
| Taxation and social security costs (Note 10) | 8,419 | - |
| Prepayments and accrued income | - | 28,000 |
| | <u>8,419</u> | <u>28,000</u> |
| 9. CREDITORS | 2018 | 2017 |
| Amounts falling due within one year | € | € |
| Taxation and social security costs (Note 10) | 5,421 | 1,062 |
| Other creditors | 609 | 1,162 |
| Deferred Income | 3,487 | 8,038 |
| | <u>9,517</u> | <u>10,262</u> |
| 10. TAXATION AND SOCIAL SECURITY | 2018 | 2017 |
| | € | € |
| Debtors: | | |
| VAT | <u>8,419</u> | <u>-</u> |
| Creditors: | | |
| PAYE / PRSI | <u>5,421</u> | <u>1,062</u> |

Suicide or Survive

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2018

11. ANALYSIS OF NET ASSETS BY FUND

| | Fixed assets - charity use € | Current assets € | Current liabilities € | Total € |
|----------------------------|---------------------------------------|------------------------|-----------------------------|----------------|
| Unrestricted income | | | | |
| General | 8,351 | 157,650 | (9,517) | 156,484 |
| | <u>8,351</u> | <u>157,650</u> | <u>(9,517)</u> | <u>156,484</u> |

12. ANALYSIS OF MOVEMENTS ON FUNDS

| | Balance 1 January 2018 € | Incoming resources € | Resources expended € | Balance 31 December 2018 € |
|----------------------------|-----------------------------------|----------------------------|----------------------------|-------------------------------------|
| Unrestricted income | | | | |
| General | 134,926 | 630,072 | (591,676) | 173,322 |
| Total funds | <u>134,926</u> | <u>630,072</u> | <u>591,676</u> | <u>173,322</u> |

13. STATUS

The company is limited by guarantee not having a share capital.

The liability of the members is limited.

Every member of the company undertakes to contribute to the assets of the company in the event of its being wound up while they are members, or within one year thereafter, for the payment of the debts and liabilities of the company contracted before they ceased to be members, and the costs, charges and expenses of winding up, and for the adjustment of the rights of the contributors among themselves, such amount as may be required, not exceeding € 1.

14. CASH AND CASH EQUIVALENTS

| | 2018 € | 2017 € |
|------------------------|----------------|----------------|
| Cash and bank balances | <u>166,069</u> | <u>107,595</u> |

15. POST-BALANCE SHEET EVENTS

There have been no significant events affecting the Charity since the year-end.

16. GRANT INCOME RECEIVABLE

During the year, Suicide or Survive received the generous support of a number of grant issuing bodies to assist us in our work. At the year end, some of the projects for which these grants have been received had not been started/completed. Accordingly, grant income totalling €3,487 (2017 : €8,038) has been deferred to future Accounting periods. Additionally, Grants receivable for completed projects or projects in progress at the year ended amounted to €36,000 (2017 : €28,000)

The amounts for all grants awarded in the year are set out below.

| | 2018 € | 2017 € |
|--|----------------|----------------|
| National Office for Suicide Prevention | 277,551 | 301,242 |
| HSE / National Counselling Service | 36,000 | 33,550 |
| | <u>313,551</u> | <u>334,792</u> |

Suicide or Survive

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2018

17. VAT COMPENSATION SCHEME

Included in Other Income is a sum of €8,419 recoverable under the VAT Compensation Scheme for Charities introduced by the Government. This scheme allows charities to claim a refund of a proportion of their VAT costs based on their level of non-public funding. The scheme is currently capped at €5m. The total amount of claims in each year may exceed the capped amount. If this happens any refunds due will be paid to charities on a pro-rata basis.

18. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Board of Directors on 7 May 2019.