DRAFT FINANCIAL STATEMENTS 28 August 2020

Suicide or Survive

Annual Report and Audited Financial Statements

for the financial year ended 31 December 2019

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

Suicide or Survive

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Suicide or Survive
REFERENCE AND ADMINISTRATIVE INFORMATION

Directors	Stephanie McDermott (Chairperson) Helen Allen Philippa Woolnough Melissa Bosch Aoife Ní Mhurchú Tracey Carney Simon Daly
Company Secretary	Helen Allen
Chief Executive Officer	Caroline McGuigan
Charity Number	CHY16442
Charities Regulatory Authority Number	20059231
Company Number	397632
Registered Office	Stonebridge House, Stonebridge Close, Shankill, Co Dublin
Principal Address	120 Shanganagh Cliffs, 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

Suicide or Survive
DIRECTORS' ANNUAL REPORT
for the financial year ended 31 December 2019

The directors present their Directors' Annual Report, combining the Directors' Report and Trustees' Report, and the audited financial statements for the financial year ended 31 December 2019.

The financial statements are prepared in accordance with the Companies Act 2014, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

The Directors' Report contains the information required to be provided in the Directors' Annual Report under the Statement of Recommended Practice (SORP) guidelines. The directors of the company are also charity trustees for the purpose of charity law and under the company's constitution are known as members of the board of trustees.

In this report the directors of Suicide or Survive present a summary of its purpose, governance, activities, achievements and finances for the financial year 2019.

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.

Mission, Objectives and Strategy

Mission Statement
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 (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.

Objectives
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

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, under-standing, 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.

Strategy

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.

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During 2019 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, 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

Structure, Governance and Management

Structure
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 organisation's work, the CEO is also a psycho-therapist and group facilitator. In addition to the CEO, a full-time Programme Coordinator, an Office Manager, a full-time Fundraiser, two administrators (one full-time and one part-time), a full time and part time volunteer in an administrative role SOS 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, due to their blended approach and life experience is in a position to facilitate all SOS 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 at all times 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.

Governance
Suicide or Survive has adopted and is fully compliant with the Charities Regulatory Authority's 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 Guidelines for Charitable Organisations Fundraising from the Public.

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.

Transparency and Conflicts of Interest
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 Guidelines for Charitable Organisations Fundraising from the Public, 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.

Review of Activities, Achievements and Performance
Since being founded in 2003, Suicide or Survive has evolved, grown from strength to strength, embraced the excitement of change in Ireland and honoured the deep insight of people with lived life expertise. SOS has developed and delivers programmes in support of its objectives, including the provision of psycho-educational and support programmes. SOS continues to reflect on its growth and expand, improve and enhance these life changing programmes, as described. The menu SOS provides, includes a highly acclaimed online Wellness Workshop, a One Day Wellness Workshop, Train the Trainer WRAP programme which includes mentoring, a 6 month Eden Programme for people suicidal or who have attempted suicide, a two and a half day WRAP, two and a half day Supporters Programme. A youth version of the online Wellness Workshop www.youmatter.ie

All of our work is externally evaluated and evidence based and clearly highlights our outcomes and impact.

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Financial Review
Our 2019 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.

Financial Results
At the end of the financial year the company has assets of €146,775 (2018 - €182,839) and liabilities of €2,201 (2018 - €9,517). The net assets of the company have decreased by €(28,748).

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.

The directors are not expecting to make any significant changes in the nature of the organisations' activities in the near future.

At the time of approving the financial statements, the organisation is exposed to the effects of the Covid-19 pandemic which has had an effect on both the way the organisation delivers its services, and its normal fundraising operations. In planning its future activities, the directors will seek to develop the organisation's activities whilst managing the effects of this outbreak.

Directors and Secretary
The directors who served throughout the financial year, except as noted, were as follows:

Stephanie McDermott (Chairperson)
Helen Allen
Philippa Woolnough
Melissa Bosch
Aoife Ní Mhurchú
Tracey Carney
Simon Daly

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

The secretary who served throughout the financial year was Helen Allen.

Pay Policy for Senior Staff
All Staff appointments and salaries offered are subject to the approval of the board, and remuneration is in line with sectoral norms.

Compliance with Sector-Wide Legislation and Standards
The company engages pro-actively with legislation, standards and codes which are developed for the sector. Suicide or Survive subscribes to and is compliant with the following:
- The Companies Act 2014
- The Charities SORP (FRS 102)
- Charities Regulator's Governance Code
- Guidelines for Charitable Organisations Fundraising from the Public
- General Data Protection Regulation (GDPR)

Post Balance Sheet Events

In the first quarter of 2020, the Covid-19 virus spread worldwide. In common with many other countries, the Irish government issued guidance and restrictions on the movement of people designed to slow the spread of this virus. In early March 2020, many organisations closed voluntarily and throughout the month more restrictions were placed on people and businesses. SOS closed its office on 12 March, in line with Government public health advice.

All services, where possible, were adapted for and transferred to online platforms and staff were supported to work from home. Whilst this has resulted in the company remaining operational during the period, the organisation had to make significant changes to the methods by which services are delivered. The directors are confident that the organisation will be fully operational once the period of restriction is lifted.

Our Core 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 well-being.

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.

"Eden has given me hope, reminded me of who I am and who I can be. The darkness is still there but I see little rays of hope"

"Thank you for seeing in me what I had forgotten existed. For the first time I was with a group of people that got it, understood my wanting to die but also wanting to live."

"Only I can make the choice to live, only I can build up my life again but I needed the right support and right surroundings, thank you to everyone"

During 2019, four programmes ran in Dublin, Mayo, Galway and Roscommon, reaching more than 60 individuals.

The Wellness Workshop

Delivered in full partnership in communities nationwide. The Wellness workshop provides tips, 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.

"I am not sure what I hoped for, but I got more than I thought possible".

"This is the second Workshop and I learned even more than the first."

"It make me feel I am not alone, I am not crazy, everyone deals with something."

"Looking forward to reading my Wellness Workbook."

During 2019 a total of 36 workshops were delivered. Each workshop holds up to 40 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 wish I was starting the programme all over again. I think it should be introduced to schools and workplaces all over Ireland. I came to get practice tools, I am leaving with them, new personal learning and new friends. I have been incredibly moved by the experience".

"Wonderful voyage of discovery, east to be part of and very enjoyable."

"Excellent, non-judgmental, very informative. Best, most useful programme I've done for my mental wellness."

During 2019 a total of 20 programmes were delivered, each WRAP holds up to 20 people.

Other Programmes
WRAP Train the Trainer

SOS is dedicated to developing a panel of WRAP facilitators who embrace the value of WRAP, live these on a day to day basis and are commitment to passing on their wisdom to others so that they may facilitate the 2 and a half day WRAP to invite people to explore their full potential as human beings.

During 2019 a total of 2 Level Two WRAP programmes were delivered. Each programme holds up to 16 people and mentoring.

Supporters Programme

This programme was developed especially for family members/ friends/ colleagues supporting people struggling with their mental health. The programme focuses on self-care for the supporter and teaches skills to enhance their ability to connect, empower and support the person to move through their difficulties and on to have the quality of life they would like. The programme also teaches basic advocacy skills and provides information on supports and signposting.

Our Supporters Programme was developed and first piloted in 2016 based on feedback from people who had attended our Eden programme, Wellness Workshops and WRAP programmes and on evidence gathered both internationally and through our own research. It gives participants an opportunity to learn from one another, to explore ways of connection with someone struggling in a dignified, respectful and authentic way whilst looking after your own wellness. The programme was evaluated in 2018 by DCU and was found to achieve its goals. Each programme facilitates up to 16 participants.

"The section on empowerment was very beneficial, gave help to me as a supporter."

"The facilitator made us search for the answers ourselves before explaining, which shows you need to encourage people to do the same".

"Everything was made so simple, very well delivered. Delighted I came."

During 2019 a total of 5 programmes were delivered, each programme holds up to 20 people.

Corporate Cultural Programme

Suicide or Survive continued its roll out of its evidence based Corporate Culture Change Programme based on the positive feedback from the previous year. The Programmes have gone from strength to strength and the work continued with Managers and employees to build a work culture where people did not see their mental health as something to hide but rather something to develop and reach out to colleagues and managers where additional support may be needed from time to time and to do so knowing that it was a culture that encouraged this and seen people as blended beings as opposed to work employees only. SOS worked with many organisations throughout 2019 including HPRA, Synergy, Dun and Bradshaw and brought its Train the Trainer Programme to Paypal Globally. What makes SOS unique is its willingness to include all aspects of mental health from day to day struggles to suicidal thoughts and all marinated in lived life experience as evidence continues to show us people connect with their hearts, people connect to others who "walk the walk" people who have known defeat, known suffering, known struggle, known loss and have found their way out of the depths. SOS continues to evolve, to frame its heart and thinking from participants wisdom and insights.

Managers Workshops - Opens the conversation around mental health; Reducing stigma in the workplace; Legislation in relation to workplace mental health; Reasonable accommodation; The role of the manager/ team leader in supporting and signposting.

Staff Workshops - addresses issues including stress, managing our daily moods, feeding hope, managing our thoughts, and seeking help. This is a fast paced, information rich and full of fun seminar. It helps to create a common language around mental health in the organisation making it easier for people to be open and seek help when they are struggling.

"It was great! Really opened my eyes to what other people and myself might be going through."

"It is vital to care for the whole person and not just the staff employee, this is more beneficial for both the employer and employee."

"Lived experience perspective. Gives a great feeling that one's own mental health issues were not unique of failings of the individual. Gave me a great feeling of comfort that this wasn't unique to me or that I had some weird issue. There was also great everyday tips and perspective on mental health, analysing your own mental health and things to check."

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During 2019 a total of 122 tailored programmes were delivered to staff and managers in a variety of businesses.

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 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.

Programmes Delivered in 2019

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	36 Workshops nationwide
W.R.A.P. 2.5 day Programme, up to 20 Participants	20 Programmes nationwide
WRAP Train the Trainer and Mentoring	2 Programmes nationwide
Supporters Programme 2.5 day Programme, up to 16 Participants	5 Programmes Nationwide
Corporate Culture Change Programmes	122 Programmes in total
Corporate managers (up to 30 participants)	21
Corporate staff (up to 50 participants)	79
Corporate half day	4
Corporate supervision	8
Online Wellness Workshop Available Worldwide	

Fundraising 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

Annual Luncheon World Suicide Prevention Day 10th September and Soccer Palooza

The Annual World SOS Suicide Prevention Day Luncheon was held 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.

The inaugural SKY Soccer Palooza was held in September to mark World Suicide Prevention Day 2019. It met its objective to reach a new target group of people, raise funds and to break down the stigma around mental health and suicide and get people together to talk about wellness. A total of 24 teams comprising 8 players took part. Along with their supporters there were approx. 250 attendees on the day. Our Corporate sponsors were well represented and we had teams from Sky, Paypal, Capita, Momentum Support, Forsa, HMS Host, IBEC, Microsoft, Keuhne & Nagel, HPRA and many others. A total of €21,500 was raised on the day, a profit of €17,000. The winning team of the inaugural Sky SOS Soccer Palooza was "The Steamers" from Mullingar and a community team called Shankill FC were runners up.

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.

Plans for the Future
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 with 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.

Auditors
The auditors, Whiteside Cullinan, (Chartered Accountants) have indicated their willingness to continue in office in accordance with the provisions of section 383(2) of the Companies Act 2014.

Statement on Relevant Audit Information
In accordance with section 330 of the Companies Act 2014, so far as each of the persons who are directors at the time this report is approved are aware, 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.

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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

Approved by the Board of Directors on 28 July 2020 and signed on its behalf by:

Helen Allen
Director

Philippa Woolnough
Director

Suicide or Survive

DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2019

The directors are responsible for preparing the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" issued by the Financial Reporting Council. Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the net income or expenditure of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Statement of Recommended Practice: Accounting and Reporting by Charities (2015);
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with the relevant financial reporting framework, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.

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

As explained in note 3, state whether the Charities SORP (effective January 2015) has been followed;

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and net income or expenditure of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and the Directors' Annual Report comply with Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the directors are aware:

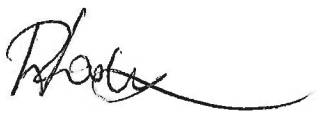
- there is no relevant audit information (information needed by the company's auditor in connection with preparing the auditor's report) of which the company's auditor is unaware, and
- the directors have taken all the steps that they ought to have taken as directors in order to make themselves aware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

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the Republic of Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the Board of Directors on 28 July 2020 and signed on its behalf by:

Helen Allen
Director

Philippa Woolnough
Director



INDEPENDENT AUDITOR'S REPORT
to the Members of Suicide or Survive

Report on the audit of the financial statements

Opinion

We have audited the company financial statements of Suicide or Survive for the financial year ended 31 December 2019 which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet, the Statement of Cash Flows and the related notes to the financial statements, including a summary of significant accounting policies set out in note 2. The financial reporting framework that has been applied in their preparation is Irish law and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the company as at 31 December 2019 and of its net incoming resources for the financial year then ended;
- have been properly prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", as applied in accordance with the provisions of the Companies Act 2014 and having regard to the Charities SORP; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which ISAs (Ireland) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other Information

The directors are responsible for the other information. The other information comprises the information included in the annual report other than the financial statements and our Auditor's Report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that:

- in our opinion, the information given in the Directors' Annual Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- in our opinion, the Directors' Annual Report has been prepared in accordance with the Companies Act 2014.

We have obtained all the information and explanations which we consider necessary for the purposes of our audit.
In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited. The financial statements are in agreement with the accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the Directors' Annual Report. The Companies Act 2014 requires us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions required by sections 305 to 312 of the Act are not made. We have nothing to report in this regard.

INDEPENDENT AUDITOR'S REPORT
to the Members of Suicide or Survive

Respective responsibilities

Responsibilities of directors for the financial statements
As explained more fully in the Directors' Responsibilities Statement set out on page 16 the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as they determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the company or to cease operations, or has no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements
Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Further information regarding the scope of our responsibilities as auditor
As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by directors.
- Conclude on the appropriateness of the directors' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our Auditor's Report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditor's Report. However, future events or conditions may cause the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

INDEPENDENT AUDITOR'S REPORT
to the Members of Suicide or Survive

The purpose of our audit work and to whom we owe our responsibilities
Our 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 any 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.

Alan McLean
for and on behalf of
WHITESIDE CULLINAN
Chartered Accountants and Registered Auditors
Molesworth House,
1/2 South Frederick Street,
Dublin 2

29 July 2020

Suicide or Survive

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)

for the financial year ended 31 December 2019

	Notes	Unrestricted Funds 2019 €	Total 2019 €	Unrestricted Funds 2018 €	Total 2018 €
Incoming Resources					
Voluntary Income	4.1	**42,534**	**42,534**	33,877	33,877
Charitable activities					
Grants and other income generating activities	4.2	**603,931**	**603,931**	587,776	587,776
Other income	4.3	**(6,000)**	**(6,000)**	8,419	8,419
Total incoming resources		**640,465**	**640,465**	630,072	630,072
Resources Expended					
Raising funds	5.1	**28,414**	**28,414**	40,545	40,545
Charitable activities	5.2	**640,799**	**640,799**	551,131	551,131
Total Resources Expended		**669,213**	**669,213**	591,676	591,676
Net incoming/outgoing resources before transfers		**(28,748)**	**(28,748)**	38,396	38,396
Gross transfers between funds		**-**	**-**	-	-
Net movement in funds for the financial year		**(28,748)**	**(28,748)**	38,396	38,396
Reconciliation of funds					
Balances brought forward at 1 January 2019		**173,322**	**173,322**	134,926	134,926
Balances carried forward at 31 December 2019		**144,574**	**144,574**	173,322	173,322

The Statement of Financial Activities includes all gains and losses recognised in the financial year.
All income and expenditure relate to continuing activities.

Approved by the Board of Directors on 28 July 2020 and signed on its behalf by:

Helen Allen
Director

Philippa Woolnough
Director

Suicide or Survive
BALANCE SHEET
as at 31 December 2019

	Notes	2019 €	2018 €
Fixed Assets			
Tangible assets	9	7,412	8,351
Current Assets			
Debtors	10	8,500	8,419
Cash at bank and in hand		138,068	166,069
		146,568	174,488
Creditors: Amounts falling due within one year	11	(9,406)	(9,517)
Net Current Assets		137,162	164,971
Total Assets less Current Liabilities		144,574	173,322
Funds			
Unrestricted designated funds		(90,416)	-
General fund (unrestricted)		234,990	173,322
Total funds		144,574	173,322

Approved by the Board of Directors on 28 July 2020 and signed on its behalf by:

Helen Allen
Director

Philippa Woolnough
Director

Suicide or Survive
STATEMENT OF CASH FLOWS
for the financial year ended 31 December 2019

	Notes	2019 €	2018 €
Cash flows from operating activities			
Net movement in funds		**(28,748)**	38,396
Adjustments for:			
Depreciation		**3,768**	3,202
		(24,980)	41,598
Movements in working capital:			
Movement in debtors		**7,124**	19,581
Movement in creditors		**(7,316)**	(745)
Cash generated from operations		**(25,172)**	60,434
Cash flows from investing activities			
Payments to acquire tangible assets		**(2,829)**	(1,960)
Net increase in cash and cash equivalents		**(28,001)**	58,474
Cash and cash equivalents at 1 January 2019		**166,069**	107,595
Cash and cash equivalents at 31 December 2019	**16**	**138,068**	166,069

1. GENERAL INFORMATION

Suicide or Survive is a company limited by guarantee incorporated in the Republic of Ireland. The registered office of the company is Stonebridge House,, Stonebridge Close,, Shankill,, Co Dublin which is also the principal place of business of the company. The financial statements have been presented in Euro (€) which is also the functional currency of the company.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the charity's financial statements.

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.

Statement of compliance
The financial statements of the company for the financial year ended 31 December 2017 have been prepared on the going concern basis and in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)" and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Fund accounting
The following are the categories of funds maintained:

Unrestricted 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 ore 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.

Income from charitable activities
Income from charitable activities include income earned from the supply of services under contractual arrangements and from performance related grants which have conditions that specify the provision of particular services to be provided by the company. Income from government and other co-funders is recognised when the company is legally entitled to the income because it is fulfilling the conditions contained in the related funding agreements. Where a grant is received in advance, its recognition is deferred and included in creditors. Where entitlement occurs before income is received, it is accrued in debtors.

Grants from governments and other co-funders typically include one of the following types of conditions:

- Performance based conditions: whereby the company is contractually entitled to funding only to the extent that the core objectives of the grant agreement are achieved. Where the company is meeting the core objectives of a grant agreement, it recognises the related expenditure, to the extent that it is reimbursable by the donor, as income.

-Time based conditions: whereby the company is contractually entitled to funding on the condition that it is utilised in a particular period. In these cases the company recognises the income to the extent it is utilised within the period specified in the agreement.

In the absence of such conditions, assuming that receipt is probable and the amount can be reliably measured, grant income is recognised once the company is notified of entitlement.

Grants received towards capital expenditure are credited to the Statement of Financial Activities when received or receivable, whichever is earlier.

Resources Expended
Expenditure is recognised on and 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 organisations 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

continued

Debtors
Debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Income recognised by the company from government agencies and other co-funders, but not yet received at financial year end, is included in debtors.

Cash at bank and in hand
Cash at bank and in hand comprises cash on deposit at banks requiring less than three months' notice of withdrawal.

Taxation
No current or deferred taxation arises as the company has been granted charitable exemption. Irrecoverable valued added tax is expensed as incurred.

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

3. GOING CONCERN

During the first quarter of 2020, the Covid-19 pandemic spread initially from Asia to Europe and subsequently worldwide. The initial economic effect of this has been a worldwide slowdown in economic activity and the loss of jobs across many businesses. In Ireland there are restrictions placed on "non-essential" organisations which has resulted in many businesses temporarily closing in measures designed to restrict the movement of people and to slow down the spread of the virus.

Suicide or Survive has continued to operate during this period, by adapting it programmes and offerings to enable them to be delivered through digital platforms. The directors have prepared budgets for the upcoming 12 months which show that the company will continue as a going concern. The organisation has experienced some slow-down in fundraising income as a result of the restrictions and cancellation of events such as the Women's Mini Marathon, but the directors are confident that their cashflows and reserves will allow them to meet their ongoing obligations. The ongoing support of the National Office for Suicide Prevention has also been confirmed at current levels for the foreseeable future.

Accordingly, the financial statements have been prepared on a going concern basis.

4. INCOME

4.1 DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	2019	2018
	€	€	€	€
Donations	**42,534**	**-**	**42,534**	33,877

4.2 CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	2019	2018
	€	€	€	€
Fundraising	**181,860**	**-**	**181,860**	171,418
Income from Programs and Workshops	**108,794**	**-**	**108,794**	102,807
Grants Receivable for Core Activities	**313,277**	**-**	**313,277**	313,551
	603,931	**-**	**603,931**	587,776

4.3 OTHER INCOME

	Unrestricted Funds	Restricted Funds	2019	2018
	€	€	€	€
Other income	**(6,000)**	**-**	**(6,000)**	8,419

continued

5. EXPENDITURE

5.1 RAISING FUNDS

	Direct Costs	Other Costs	Support Costs	2019	2018
	€	€	€	€	€
Fundraising	**28,414**	**-**	**-**	**28,414**	40,545

5.2 CHARITABLE ACTIVITIES

	Direct Costs	Other Costs	Support Costs	2019	2018
	€	€	€	€	€
Delivery of Services	**300,042**	**89,186**	**2,297**	**391,525**	393,472
General Operations	**84,751**	**-**	**153,530**	**238,281**	154,848
Governance Costs	**-**	**10,993**	**-**	**10,993**	2,811
	384,793	**100,179**	**155,827**	**640,799**	551,131

5.3 SUPPORT COSTS

	Charitable Activities	2019	2018
	€	€	€
Staff and related costs	**101,198**	**101,198**	118,487
Office running costs	**25,967**	**25,967**	9,943
Staff training and workshops	**5,865**	**5,865**	5,847
Property costs	**22,797**	**22,797**	23,888
	155,827	**155,827**	158,165

Support costs represent the cost of the general operations of the organisations, which, due to the size and nature of the organisation, are not readily applicable to specific projects.

6. ANALYSIS OF SUPPORT COSTS

	2019	2018
	€	€
Staff and related costs	**101,198**	118,487
Office running costs	**25,967**	9,943
Staff training and workshops	**5,865**	5,847
Property costs	**22,797**	23,888
	155,827	158,165

7. NET INCOMING RESOURCES

	2019	2018
	€	€
Net Incoming Resources are stated after charging/(crediting):		
Depreciation of tangible assets	**3,768**	3,202
Auditor's remuneration:		
- audit services	**2,460**	2,460

continued

8. EMPLOYEES AND REMUNERATION

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

	2019 Number	2018 Number
Support Staff	3	4
Program Co-ordinator	1	1
Chief Executive	1	1
	5	6

The staff costs comprise:	2019 €	2018 €
Wages and salaries	171,643	214,961
Social security costs	18,741	23,085
	190,384	238,046

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

9. TANGIBLE FIXED ASSETS

	Fixtures, fittings and equipment €
Cost	
At 1 January 2019	16,013
Additions	2,829
At 31 December 2019	18,842
Depreciation	
At 1 January 2019	7,662
Charge for the financial year	3,768
At 31 December 2019	11,430
Net book value	
At 31 December 2019	**7,412**
At 31 December 2018	8,351

continued

9.1 TANGIBLE FIXED ASSETS PRIOR FINANCIAL YEAR

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

10. DEBTORS

	2019 €	2018 €
Taxation and social security costs (Note 12)	**8,500**	8,419

11. CREDITORS

Amounts falling due within one year	2019 €	2018 €
Taxation and social security costs (Note 12)	**-**	5,421
Other creditors	**(1,604)**	609
Deferred Income	**11,010**	3,487
	9,406	9,517

12. TAXATION AND SOCIAL SECURITY

	2019 €	2018 €
Debtors:		
VAT	**1,295**	8,419
PAYE / PRSI	**7,205**	-
	8,500	8,419
Creditors:		
PAYE / PRSI	**-**	5,421

13. RESERVES

	2019 €	2018 €
At 1 January 2019	**173,322**	134,926
(Deficit)/Surplus for the financial year	**(28,748)**	38,396
At 31 December 2019	**144,574**	173,322

continued

14. 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.

15. VAT COMPENSATION SCHEME

The Charity is entitles to make a claim annually to the Revenue Commissioners for VAT incurred on its expenses 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. In 2018, the company made a claim for €8,419, of which they received a refund of €1,124 due to the level of claims being well in excess of the scheme's cap. The company has made a claim for 2019, of €14,122, but the directors have only provided for a potential refund of €1,295, in recognition of the continued oversubscription to the scheme.

16. CASH AND CASH EQUIVALENTS

	2019	2018
	€	€
Cash and bank balances	**138,068**	166,069

17. 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 €11,010 (2018 : €3,487) 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 (2018 : €36,000)

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

	2019	2018
	€	€
National Office for Suicide Prevention	**278,000**	273,000
HSE / National Counselling Service	**36,000**	36,000
CAWT	**6,800**	-
	320,800	309,000

18. POST-BALANCE SHEET EVENTS

In the first quarter of 2020, the Covid-19 virus spread worldwide. In common with many other countries, the Irish government issued guidance and restrictions on the movement of people designed to slow the spread of this virus. In early March 2020, many businesses closed voluntarily and throughout the month more restrictions were placed on people and businesses. On 28th March, all "non-essential" businesses were ordered to close temporarily.

As previously set out the organisation continues to provide its services by adapting its programmes to enable them to be delivered remotely through online platforms and has continued to liaise with its main funders. While much fundraising activity has dropped off, SOS has continued to attract support and fundraising-generated income. At the time of approving the financial statements, there is uncertainty regarding how the organisation may be affected for the second half of 2020 and as a result an estimate of its financial impact cannot yet be made.

continued

19. APPROVAL OF FINANCIAL STATEMENTS

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