

**Suicide or Survive**  
**Annual Report and Audited Financial Statements**  
**for the financial year ended 31 December 2022**

**Whiteside Cullinan**  
**Chartered Accountants and Registered Auditors**  
**Fleming Court**  
**Fleming's Place**  
**Dublin 4**  
**D04 N4X9**

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

# Suicide or Survive

## CONTENTS

	<b>Page</b>
Reference and Administrative Information	3
Directors' Annual Report	4 - 13
Directors' Responsibilities Statement	14
Independent Auditor's Report	15 - 17
Statement of Financial Activities	18
Balance Sheet	19
Statement of Cash Flows	20
Notes to the Financial Statements	21 - 26

## Suicide or Survive

# REFERENCE AND ADMINISTRATIVE INFORMATION

<b>Directors</b>	Kevin mcPartlan Gerry Tynan Tracey Carney Simon Daly Ruairi Mulrean Mark Skinner Lora Shercliff (Appointed 6 December 2022) Melissa Bosch (Resigned 31 March 2022) Aoife Ní Mhurchú (Resigned 28 September 2022)
<b>Company Secretary</b>	Tracey Carney
<b>Chief Executive Officer</b>	Paula Lawlor
<b>Charity Number</b>	CHY16442
<b>Charities Regulatory Authority Number</b>	20059231
<b>Company Registration Number</b>	397632
<b>Registered Office and Principal Address</b>	First Floor 3-5 Carysfort Avenue Blackrock Co Dublin A94 W9X6
<b>Auditors</b>	Whiteside Cullinan Chartered Accountants and Registered Auditors Fleming Court Fleming's Place Dublin 4 D04 N4X9
<b>Principal Bankers</b>	AIB Bank Georges Street, Dun Laoghaire, Co. Dublin

# Suicide or Survive

## DIRECTORS' ANNUAL REPORT

for the financial year ended 31 December 2022

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 2022.

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 2022.

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

## **Suicide or Survive**

# **DIRECTORS' ANNUAL REPORT**

for the financial year ended 31 December 2022

The organisation is guided by a set of values which we live on a daily basis through our approach to our work and which are the fundamental principles on which all of our programmes are based:

- Genuineness
- Understanding
- Respect
- Acceptance

The dignity of the individual is paramount and we in SOS operate in a way that embodies this approach. Our guiding philosophy is that espoused by the Recovery model which is a central tenet of 'Sharing the Vision' the Irish Government's National Policy for Mental Health.

**Integrity, Wellbeing, Quality**

Everything we do at Suicide or Survive is driven by our three 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 its 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 the organisation.

**Respecting 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 meeting them as equal human beings with different experiences and perspectives on life. We demonstrate this by providing high quality physical environments 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:** Partnership is central to everything we do. 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 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**

Suicide or Survive was founded with 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 places collaboration and partnership at the heart of how we operate at Suicide or Survive.

2022 saw the development and implementation of a new Strategic Plan to guide the organisation through to 2026.

This strategy was developed as we emerged from the COVID-19 pandemic which challenged both the physical and mental health of the nation. While this increased the amount of conversation about mental health, it also created a higher level of need for suicide prevention and mental health services. It was also influenced by the war in Ukraine which has seen many displaced people seeking refuge in Ireland many of whom require support around their mental health, and a sharp increase in the cost of living which has challenged the financial and therefore the mental wellbeing of many.

Not only have we faced external challenges over the last number of years, we have also been challenged internally

## **Suicide or Survive**

# **DIRECTORS' ANNUAL REPORT**

for the financial year ended 31 December 2022

as an organisation. In June 2019 we were shaken by the tragic death of John, husband of our founder, former board member, co-facilitator and good friend. In August 2020 our founder Caroline stepped away from the position of CEO.

Through an extensive consultation process involving service users, staff, contract facilitators, our Board and other stakeholders our strategic goals for the next 5 years are to:

- Extend our reach and impact.
- Invest and enhance.
- Increase our footprint and relevance.

Our work to achieve these goals will be carried out under three pillars which form the basis of our strategic plan for the period from 2022 and 2026:

- Stigma Reduction/ Public Awareness
- Pioneering Programmes
- Sustainable Growth

In order to achieve our mission and vision between 2022 and 2026 under these three pillars we will:

- Embed our service user led perspective by ensuring people who use our services are meaningfully involved in their development, evaluation, and governance.
- Design and run stigma reduction and public awareness campaigns that are data led and targeted in ways that they can be most impactful.
- Ensure that our pioneering programmes are based on up to date evidence and best practice in the area of suicide prevention and mental health promotion and that they are continually evaluated both internally and externally.
- Ensure that our programmes reach those who can most benefit from them and are run at times and in ways (in-person and online) that offer choice and best meet the needs of our service users.
- Review, revise and expand our programme offerings and design a suite of web based resources that people can access to support their mental health.
- Develop our brand to increase our visibility to amplify our voice.
- Develop and expand our funding streams and team to increase our capacity and grow the organisation in a sustainable way.
- Ensure we are adhering to the highest standards of governance in all we do and take proactive measures to ensure that Suicide or Survive remains a great place to work.

The strategy and our programmes align with the National Office for Suicide Prevention's Connecting for Life strategy. Connecting for Life is the national strategy to reduce suicide. It sets out the Irish Government's vision for suicide prevention, the expected outcomes over the lifetime of the strategy, and the actions that will be taken to prevent suicide and self-harm in Ireland. The vision set out in 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.

The strategic goals and objectives of Connecting for Life are:

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

More detail on the strategy can be found on the Connecting for Life website [www.connectingforliveireland.ie](http://www.connectingforliveireland.ie)

## **Structure, Governance and Management**

### **Structure**

#### 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 its work, the CEO is also a psychologist and psychotherapist with experience in programme development and group facilitation. In addition to the CEO the organisation is staffed by a National Programme Coordinator, a Finance and Administration Coordinator and an Events and Fundraising Coordinator all of whom work full-time. Suicide or Survive has a panel of 14 contract facilitators and a HR consultant who works with the organisation on a needs basis.

The CEO is in a position to facilitate all of 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.

# Suicide or Survive

## DIRECTORS' ANNUAL REPORT

for the financial year ended 31 December 2022

### Governance

#### 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 are fully committed to achieving the standards contained in the Guidelines for Charitable Organisations Fundraising for 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.

In 2022 we maintained our status as a Triple Locked Charity with the Charities Institute of Ireland which means that we comply with the highest standards in transparent reporting, ethical fundraising and strong governance structures. This recognition is the gold standard for Irish charities to offer assurances to donors, members and the general public.

#### 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. 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 and budgetary matters. As a small organisation there is no requirement for Board committees.

#### Board Member Recruitment, Induction and Development

Potential new members of the Board are identified by Board members and the CEO based on the needs of the organisation and the individuals' expertise, experience and 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 Survives code of ethics for Board members. Governance training is ongoing for Board and staff members and Board members are invited to quarterly CPD sessions that are run by Suicide or Survive for our team and facilitators. Training is made available for Board members on a needs basis.

#### Transparency and Conflicts of Interest

The Board believes that Suicide or Survive, like all charities, should be fully accountable to the general public by providing detailed information on where its funds come from and how they are utilised. To this end we have committed to operating to the triple lock of standards as outlined above. We prepare our annual report and financial statements in full compliance with the Charity SORP (Standard of Reporting Practice under FRS102).

All staff, contract facilitators 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

Suicide or Survive has evolved and grown since it was founded in 2003. It has broadened the suite of programmes it delivers and the communities it serves. Suicide or Survive provides the following suite of programmes to people in communities across Ireland:

- The Eden Programme a 26 week programme for people over the age of 18 years who have attempted or contemplated suicide.
- A one-day community based Wellness Workshop for the general public.
- A two-day WRAP (Wellness Recovery Action Planning Programme) for the general public.
- An 8 hour Supporters Programme for family members/ friends who are supporting someone in their lives who is struggling with their mental health.
- A range of 45 minute Wellness Webinars for the general public.
- Two online Wellness Workshops, one for the general public and one targeted at people aged between 18 and 25 years.

All of our programmes have been manualised. All programmes are internally evaluated on an ongoing basis to ensure programme fidelity is 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.

#### Financial Review

Our 2022 accounts reflect the continued growth of the organisation thanks to the continued support of the National Office for Suicide Prevention and all of those who donate or fundraise for us.

The Board continue to monitor budgets and results to ensure the financial stability of the organisation and that all funds are used to maximum effect.

# Suicide or Survive

## DIRECTORS' ANNUAL REPORT

for the financial year ended 31 December 2022

### Financial Results

At the end of the financial year the company had gross assets of €576,461 (2021 - €590,869) and gross liabilities of €125,740 (2021 - €165,983). The net assets of the company have increased by €25,835.

### 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 has 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 to continue to operate and make appropriate changes in the event of a dramatic change in the current funding model.

### Directors and Secretary

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

Kevin mcPartlan  
Gerry Tynan  
Tracey Carney  
Simon Daly  
Ruairi Mulrean  
Mark Skinner  
Lora Shercliff (Appointed 6 December 2022)  
Melissa Bosch (Resigned 31 March 2022)  
Aoife Ní Mhurchú (Resigned 28 September 2022)

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 Tracey Carney.

### 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)

### Programmes

2022 saw the country emerge from the COVID 19 pandemic. The early part of the year continued to be dominated by restrictions on in-person delivery of our programmes, particularly those involving the attendance of large numbers of people, however a full return to face to face programmes was possible by mid-year. The experience of online programme delivery provided an opportunity for the organisation to review the optimal methodologies through which we deliver our services along with the associated governance implications.

### The Wellness Workshop, Wellness Webinars and Online Wellness Workshops

The Wellness Workshop is a one-day workshop for the general public which aims to break stigma and to equip people with a range of simple, practical and effective tips, tools and techniques that they can use to take a proactive approach to monitoring and managing their mental health. Wellness Workshops are delivered in partnership with local organisations to groups of between 30 and 50 participants nationwide.

"The whole workshop was amazing. Facilitators delivered it so well. I will now be the driver to my own life."  
(Wellness Workshop Participant 2022)



## **Suicide or Survive**

# **DIRECTORS' ANNUAL REPORT**

for the financial year ended 31 December 2022

Due to continued COVID 19 restrictions on group activities in early 2022 and out of an abundance of caution on our behalf, delivery of our in-person Wellness Workshops did not commence until April. Despite this late start, 25 Wellness Workshops were delivered in 2022 in partnership with a range of organisations to people in a variety of communities nationally. These included Workshops in two prisons, for service users and staff in homeless, addiction and disability services, in partnership with social prescribing services and local community groups. While there was initially some reluctance from many to meet in person, momentum built as the year progressed and the numbers attending our Wellness Workshops grew. Our facilitators were delighted to have the opportunity to meet some amazing people on these workshops again and to link with our community partners in-person. A total of 857 people attended these 25 Wellness Workshops across 2022.

Use of our online Wellness Workshops continued to be strong throughout 2022 with 2,435 people availing of [www.wellnessworkshop.ie](http://www.wellnessworkshop.ie) and 441 using the [www.youmatter.ie](http://www.youmatter.ie) workshop. We commenced the development of new online resources based on existing programme materials in late 2022 with the first on these resources uploaded to the SOS website by the end of the year and plans for further resources to be developed in 2023.

We continued to deliver a range of 45 minute Wellness Webinars across 2022 on topics related to mental health and stigma reduction. The number of Webinars delivered was reduced due to the fact that many people were returning to the workplace and therefore not as available to tune in, and the number of Webinars available in the general community. A total of 44 Webinars were facilitated which included 3 pre-recorded Webinars for people to avail of over the period between Christmas and the New Year. These were attended live by 490 people with a further 170 listening back to the recordings which were made available to anyone who had registered for the Webinar.

"I didn't know what to expect. Now I'm leaving feeling refreshed, uplifted and enthusiastic about improving my life further."

"The trainers, relatable, down to earth, honest excellent delivery very engaging spoke rather than read from slides."  
(Wellness Workshop Participants 2022)

### **The Eden Programme**

"I learned a lot about myself but also people in general. I realised I am not alone and suicide doesn't have to be an option." (Eden Participant 2022)

Eden is Suicide or Survives flagship suicide prevention programme. It is an educational programme with a therapeutic element for people over the age of 18 years who have attempted or contemplated suicide. The programme runs one morning a week for 26 weeks (including a 2-day WRAP programme) and can cater for up to 16 participants. The aim of the programme is to support and empower participants to take control of their own mental health and build a range of supports to meet their individual needs with the ultimate aim of supporting them to move away from suicide as an option of choice in times of crisis. Dignity and respect for the whole person is held and a belief in participants capacity to take responsibility for their own wellness and build hope are central themes.

The Eden 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 crisis. It is a 26 week closed group programme when in person and includes a full 2-day WRAP Programme. When delivered online it runs for 24 weeks and participants are invited to attend one of our open WRAP Programmes. The programme runs for 3 hours one morning per week when in person, and for 1.5 hours one day per week along with a bi-weekly one-to-one video/ telephone calls with participants when delivered online. The online programme is run using a webinar platform to protect the confidentiality of participants.

Four Eden Programmes were delivered in 2022. Suicide or Survive delivered two Eden Programmes, one online and one in-person, and the HSE delivered two programmes on license to and with the support of Suicide or Survive, one in-person in Galway and one online covering Mayo and Roscommon.

The online Eden Programme run by Suicide or Survive was open to people nationally and was attended by participants from a number of areas across the country. The programme commenced on the 17th of February. Twelve people accepted places on the programme however two of these individuals pulled out before the programme commenced. Ten participants commenced and all completed the programme. The in-person programme commenced on the 24th of February. Twelve participants accepted places on the in-person programme. One did not commence the programme, and another switched to the online programme. Ten people commenced and 9 completed the programme.

Suicide or Survive provided support, fidelity monitoring, and quality assurance services for the two Eden programmes run by the HSE on license to SOS. The Galway programme commenced on February 16th. Twelve participants commenced and 8 completed the programme. The online programme commenced on the 8th of February with 13 participants 12 of whom completed the programme.

In total 39 participants completed the Eden Programme in 2022. The Eden programme in all locations was internally evaluated every 4 weeks and facilitators completed a weekly debrief.

# **Suicide or Survive**

## **DIRECTORS' ANNUAL REPORT**

for the financial year ended 31 December 2022

Recruitment for 3 Eden Programmes commenced in Autumn 2022, one in Dublin run by Suicide or Survive and 2 in CHO2 run by the HSE on license to SOS. In 2022 SOS was granted funding to pilot an Eden Programme outside of its usual hours to meet the needs of those who cannot attend the programme in its current format due to work or other commitments. This project commenced in mid-2022. We were also granted funding to run the first Eden Programme in Kildare and West Wicklow and a second Eden Programme in Dublin both of which will commence in September 2023.

"The Eden Programme in my opinion is one the best things to happen to the mental health system in Ireland for a very long time. It's relatable, practical and gives us back control of our lives in a manageable, practical forum. Also, what makes this course work is that the facilitators are talking from life experiences and not text books which makes them relatable." (Eden Programme Participant 2022)

### **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 gives people the opportunity to further explore their day-to-day mental health skills, strategies, and triggers, and to develop their own personally tailored wellness action plan. These plans are guided by the key Recovery concepts of hope, personal responsibility, education, self-advocacy, and support. It is the only programme that SOS delivers that it did not develop itself. A WRAP plan operates from day-to-day mental health maintenance right through to crisis and post-crisis planning. Each programme runs for 2 days and can facilitate up to 16 participants. Due to COVID 19 restrictions in-person delivery of WRAP was not possible up to quarter two in 2022. During the COVID pandemic SOS negotiated permission from the Copeland Centre in the US to facilitate the WRAP programme in an online format using Advanced Level WRAP facilitators. The online programme was hugely popular and based on an arrangement with the Copeland Centre we were able to deliver WRAP programmes both online and in-person in 2022. Twenty three WRAP programmes were delivered in 2022 attended by 257 people. These were run for specific target groups (e.g., students of Sligo IT, Eden Programme Participants, addiction and disability services) in partnership with local organisations across the country and for the general public.

"Firstly, I'd like to say that it was excellent training. I got much more from it than I expected and will be putting the learning into use by developing a poster for my own wellness. It's not that I'm actively unwell, but like everyone, I've had my ups and downs over the years. The three facilitators were relatable, interesting and carried out the training in such a safe and gentle way, I could have listened to them for a lot longer." (WRAP Participant 2022)

In addition, Suicide or Survive delivered two five-day WRAP Level 2 Facilitator Training Programmes one for the Ballyfermot STAR project and one for Meath Wellness Hub. A total of 25 people attended these programmes.

### **Supporters Programme**

The Supporter's Programme was developed by Suicide or Survive to cater for the needs of people who are supporting family members/ friends/ neighbours/ work colleagues who are struggling with their mental health. This one-day 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 to have. The programme also provides information on supports and signposting. As a result of COVID 19 restrictions the programme was adapted for delivery in an online format and over one full or two half days in 2021. Feedback from the online programme was very positive with participants reporting that the programme was more accessible to them in an online format than in-person due to time and geographical constraints. For this reason, Suicide or Survive continued to offer the programme online in 2022. We further adapted the delivery methodology to allow us to provide the programme in the evening time over three shorter sessions on three consecutive weeks to facilitate attendance from people who are working full time or have other commitments that prevent them from attending the programme in its usual format. Six Supporters Programmes were delivered in 2022 with 40 people benefiting from attending.

I found the step by step approach helpful - from connecting through to supporting movement. Not looking for a quick fix but allowing the person to be with what they are going through. Allowing for silence. The importance of looking after your own mental health.  
(Supporters Programme Participant 2022)

The Supporters Programme has consistently attracted people who are supporting others through their work or volunteering activities. Plans were made in 2022 to adapt the programme to meet the needs of this group of people in 2023.

### **Corporate Wellness Programmes**

"I think it is great to remove the stigma surrounding discussing mental health at work, and in general. Workshops such as these provide an opportunity to do that." (Workplace Wellness Workshop Participant 2022)

Our Workplace Wellness programmes support and encourage organisations to create an open culture around mental health so that it is as easy for staff to speak about their mental health struggles as it is about any other aspect of their health. We take a top-down and bottom-up approach to creating a common language around mental health and

## **Suicide or Survive**

# **DIRECTORS' ANNUAL REPORT**

for the financial year ended 31 December 2022

encourage a whole-organisation approach with management and staff participating in our programmes together. Our Managers Workshop aims to break down stigma, increase understanding of mental health, and equip managers to open the conversation about mental health with their staff and to support and signpost to appropriate services where required. Our 90 minute staff workshops are full of simple, practical and effective tips and tools that anyone can use to look after their mental health and encourage people to take a personal responsibility for and a proactive approach to their mental health.

Suicide or Survive continued to provide its suite of Workplace Wellness workshops in 2022. While we returned to in-person delivery in quarter 2, many organisations opted to continue with online delivery to fit in with their new hybrid working arrangements. In 2022 we delivered 8 Managers and 20 Employee Workshops in 11 different organisations across the country.

"Very skilled trainer, obviously used to presenting online and made everyone feel at ease. he was also very open about his own experiences which I feel gave people confidence in what he was saying and also gave them confidence to discuss the topic openly and participate in the training." (Workplace Wellness Workshop Participant 2022)

### **Additional Initiatives**

In-person CPD and supervision for facilitators was reinstated in 2022. Training for new Facilitators was completed and 6 new facilitators commenced the mentoring process with 4 completing their mentoring by year end and two more yet to engage in the mentoring process. Two existing WRAP facilitators were trained and mentored to delivery Wellness workshops. A new Manager for the Eden Programme was recruited and commenced work at the end of 2022.

Throughout 2022 SOS engaged in a range of activities to raise the profile of the organisation and awareness of our programmes. The CEO did 8 radio interviews to promote Eden and our other programmes. The Programmes Coordinator formed new partnerships with the Social Prescribing Network of Ireland, made new and reinforced existing partnerships with the Resource Officers for Suicide Prevention Nationwide, and established strong links with the Traveller Mental Health team in the Southeast.

The CEO was a panellist at the Ibec Keep Well Summit in Croke Park in June and the SOS stand was well attended by delegates on the day. Suicide or Survive nominated the Health Products Regulatory Authority for the Wellbeing Strategy Champion Award at the HR Champions Awards on March 15th 2022 which they went on to win.

SOS exhibited at the National Traveller Mental Health Conference in Croke Park in November and facilitated a mindfulness minute for attendees.

2022 saw Suicide or Survive become a more active member of Mental Health Reform with the CEO invited to speak at their pre-budget submission launch and participate in a photo shoot for the launch outside Leinster House. SOS also participated in events linked to the See Change Green Ribbon Campaign and the CEO was invited to be a panellist on a webinar to speak about stigma and shame by the Health Products Regulatory Authority as part of this campaign.

We continued to update our website and increase our website based resources in 2022. We developed an 'advent calendar' style campaign for the month of December containing a range of resources that people can use to look after their mental health in the run up to the festive period.

A new stigma reduction campaign was designed by Suicide or Survive for 2023 to include monthly Webinars and a Podcast series called Connections, Conversations Worth Having. The aim is to open conversations with different communities about mental health, stigma and their own experience. Three podcasts were pre-recorded in 2023 to go out in 2022, an introduction to SOS, an interview with Loretta Dignam from the Menopause Hub, and a discussion with Dr Helen Kelly Holmes a lecturer in Applied Languages from the University of Limerick to discuss how language influences stigma around mental health. This initiative was spearheaded by our Administration and Finance Coordinator.

We continued to increase our social media presence with the introduction of Tik Tok and an increase in our presence on Instagram which has enabled us to reach a wider demographic. Facebook continues to be the top social media site for referral to our website, however referrals from Linked in increased towards the end of 2022. Views of the Eden Programme page on our website increased by 35% over quarter 4 of 2022 as promotion for the programme was enhanced. Our newsletter which showcases our programme offerings, promotes our fundraising events, and gives an opportunity for our team to share their stories went out to a subscriber list of 2095 people each quarter.

### **The SOS Team**

The challenges we have faced over the last number of years have demonstrated how resilient and flexible we are as an organisation. We continued to provide our programmes by pivoting quickly to online programme delivery and working from home during the COVID pandemic. In 2022 we pivoted again with a return to in-person programme delivery retaining online delivery methodologies where appropriate and a move to a hybrid working model. The team adapted to organisational changes including a new CEO and office relocation providing continuity and consistency

## **Suicide or Survive**

# **DIRECTORS' ANNUAL REPORT**

for the financial year ended 31 December 2022

and ensuring that the ethos of the organisation remained grounded in its values and true to its mission and vision. This was only possible because of the adaptability and can-do attitude of our core staff team, the loyalty and flexibility of our contract facilitators, and the strength of our Board.

Suicide or Survive is governed by a voluntary board of directors who give of their time to ensure that the organisation runs effectively and efficiently, complies with all guidelines and legislation related to the sector, and delivers on its commitments to funders, donors, and all those who fundraise for the organisation. The board worked diligently during 2022 to guide the organisation through the changes outlined above.

Over the years Suicide or Survive has developed a panel of passionate and experienced facilitators. This panel was expanded in 2022 when we welcomed 6 new facilitators to the team. Our facilitators have consistently delivered SOS's programmes to the highest standards throughout 2022 generously sharing their own lived experience of mental health struggles to enhance the experience for those who attend. On many occasions they have gone over and above in terms of the time and effort they have expended in ensuring that the ethos and quality synonymous with Suicide or Survive is maintained.

A heartfelt thanks to the entire team at SOS, to the core team, the board, and facilitators for your hard work and continued support.

### **Fundraising and Supporters**

Suicide or Survive receives funding from a variety of sources including the National Office for Suicide Prevention, the HSE, donors, and the many, many people who fundraise for us each year. Our amazing fundraisers ran, walked, cycled, swam, sang, danced, participated in yoga sessions, and abseiled from the roof of Croke Park among many other events to raise funds for SOS. We are truly grateful for the continued support of all of those who supports us to do the work we do.

### **Administration Projects**

Suicide or Survive moved our offices to a new location in Blackrock village in September 2022. This will give us a solid base from which to expand and grow our programme offerings.

The new CRM project came to an end with the full integration of the Salesforce system in 2022. The Administration and Finance Coordinator developed a manual for the system including a video tutorial on how to use some of its features for the team. We also moved our file storage to a Microsoft cloud based system in 2022 with the support of MJ Flood.

### **Planning for the Future**

In 2021 the board, with the help of Mantra Strategy, guided the organisation in consulting with a broad range of stakeholders, and reviewing our mission, vision, values and strategic direction to prepare for the development of our new strategic plan. This plan was developed and ratified by the board in 2022 and will take the organisation through to 2026.

The future direction of Suicide or Survive is underpinned by three strategic pillars:

- " Reducing the stigma attached to mental health and suicide.
- " Pioneering programmes that empower and drive change
- " Enabling sustainable growth and good governance

### **Associations and Representative Bodies**

Suicide or Survive 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. The organisation is also a member of The Wheel, Ireland's national association of community and voluntary organisations, charities, and social enterprises.

We are also a member of the Charities Institute of 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 ethical fundraising.

### **The 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.

## **Suicide or Survive**

# **DIRECTORS' ANNUAL REPORT**

for the financial year ended 31 December 2022

### **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 First Floor, 3-5 Carysfort Avenue, Blackrock, Co Dublin, A94 W9X6

**Approved by the Board of Directors on 18 September 2023 and signed on its behalf by:**

**Kevin mcPartlan**  
**Director**

**Gerry Tynan**  
**Director**

## **Suicide or Survive**

# **DIRECTORS' RESPONSIBILITIES STATEMENT**

for the financial year ended 31 December 2022

The directors are responsible for preparing the Directors' Annual Report and Financial Statements in accordance with the Companies Act 2014 and applicable 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;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, 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.

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 18 September 2023 and signed on its behalf by:**

**Kevin mcPartlan**  
Director

**Gerry Tynan**  
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 ('the Charity') for the financial year ended 31 December 2022 which comprise the Statement of Financial Activities (incorporating an Income and Expenditure Account), the Balance Sheet, the Statement of Cash Flows and the notes to the financial statements, including the 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 2022 and of its surplus 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"; 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 below 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 the 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**

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

#### **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.

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 course of 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 is consistent with the financial statements;
- in our opinion, the Directors' Annual Report has been prepared in accordance with the Companies Act 2014; and
- the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited and the financial statements are in agreement with the accounting records.

We have obtained all the information and explanations which, to the best of our knowledge and belief, are necessary for the purposes of our audit.

# **INDEPENDENT AUDITOR'S REPORT**

## **to the Members of Suicide or Survive**

### **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 complied with by the charity. We have nothing to report in this regard.

### **Respective responsibilities**

#### **Responsibilities of directors for the financial statements**

As explained more fully in the Directors' Responsibilities Statement set out on page 14, the directors are responsible for the preparation of the financial statements in accordance with the applicable financial reporting framework that 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 they either intend to liquidate the company or to cease operations, or have 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 the 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 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  
Fleming Court  
Fleming's Place  
Dublin 4  
D04 N4X9

**18 September 2023**

## Suicide or Survive

# STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)  
for the financial year ended 31 December 2022

	Notes	Unrestricted Funds 2022 €	Restricted Funds 2022 €	Total Funds 2022 €	Unrestricted Funds 2021 €	Restricted Funds 2021 €	Total Funds 2021 €
<b>Incoming Resources</b>							
Voluntary Income	3.1	51,941	-	51,941	27,900	-	27,900
Charitable activities							
Grants and other income generating activities	3.2	163,666	307,748	471,414	398,254	234,008	632,262
Other income	3.3	1,039	-	1,039	260	-	260
<b>Total incoming resources</b>		<b>216,646</b>	<b>307,748</b>	<b>524,394</b>	<b>426,414</b>	<b>234,008</b>	<b>660,422</b>
<b>Resources Expended</b>							
Raising funds	4.1	14,194	-	14,194	8,013	-	8,013
Charitable activities	4.2	176,617	307,748	484,365	332,635	234,008	566,643
<b>Total Resources Expended</b>		<b>190,811</b>	<b>307,748</b>	<b>498,559</b>	<b>340,648</b>	<b>234,008</b>	<b>574,656</b>
<b>Net incoming/outgoing resources before transfers</b>		<b>25,835</b>	<b>-</b>	<b>25,835</b>	<b>85,766</b>	<b>-</b>	<b>85,766</b>
Gross transfers between funds		-	-	-	-	-	-
<b>Net movement in funds for the financial year</b>		<b>25,835</b>	<b>-</b>	<b>25,835</b>	<b>85,766</b>	<b>-</b>	<b>85,766</b>
<b>Reconciliation of funds:</b>							
Total funds beginning of the year		424,886	-	424,886	339,120	-	339,120
<b>Total funds at the end of the year</b>		<b>450,721</b>	<b>-</b>	<b>450,721</b>	<b>424,886</b>	<b>-</b>	<b>424,886</b>

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 18 September 2023 and signed on its behalf by:

**Kevin mcPartlan**  
Director

**Gerry Tynan**  
Director

# Suicide or Survive

## BALANCE SHEET

as at 31 December 2022

	Notes	2022 €	2021 €
<b>Fixed Assets</b>			
Tangible assets	8	3,187	1,091
<b>Current Assets</b>			
Debtors	9	16,459	9,819
Cash at bank and in hand	10	556,815	579,959
		<u>573,274</u>	<u>589,778</u>
<b>Creditors: Amounts falling due within one year</b>	11	<b>(125,740)</b>	<b>(165,983)</b>
<b>Net Current Assets</b>		<b>447,534</b>	<b>423,795</b>
<b>Total Assets less Current Liabilities</b>		<b>450,721</b>	<b>424,886</b>
<b>Funds</b>			
General fund (unrestricted)		450,721	424,886
<b>Total funds</b>		<b>450,721</b>	<b>424,886</b>

Approved by the Board of Directors on 18 September 2023 and signed on its behalf by:

Kevin mcPartlan  
Director

Gerry Tynan  
Director

## Suicide or Survive

# STATEMENT OF CASH FLOWS

for the financial year ended 31 December 2022

	Notes	2022 €	2021 €
<b>Cash flows from operating activities</b>			
Net movement in funds		25,835	85,765
Adjustments for:			
Depreciation		874	4,174
Gains and losses on disposal of fixed assets		(450)	-
		<u>26,259</u>	<u>89,939</u>
Movements in working capital:			
Movement in debtors		(6,640)	(9,222)
Movement in creditors		(40,243)	9,268
		<u>(20,624)</u>	<u>89,985</u>
<b>Cash flows from investing activities</b>			
Payments to acquire tangible assets		(2,970)	-
Receipts from disposal of tangible assets		450	-
		<u>(2,520)</u>	<u>-</u>
Net cash (used in)/generated from investment activities		<u>(2,520)</u>	<u>-</u>
<b>Net (decrease)/increase in cash and cash equivalents</b>		<b>(23,144)</b>	<b>89,985</b>
<b>Cash and cash equivalents at the beginning of the year</b>		<b>579,959</b>	<b>489,974</b>
<b>Cash and cash equivalents at the end of the year</b>	<b>10</b>	<b><u>556,815</u></b>	<b><u>579,959</u></b>

## Suicide or Survive

# NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2022

### 1. GENERAL INFORMATION

Suicide or Survive is a company limited by guarantee incorporated in Ireland. The registered office of the company is First Floor, 3-5 Carysfort Avenue, Blackrock, Co Dublin, A94 W9X6 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".

#### **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 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.

#### **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

## Suicide or Survive

# NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 31 December 2022  
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 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 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

### 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

The Company has been granted Charitable Tax Exemption under Section 207 Taxes Consolidation Act, 1997 and the company is not liable to Corporation Tax on its activities. Charity Number CHY16442.

<b>3. INCOME</b>					
<b>3.1 DONATIONS AND LEGACIES</b>	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>2022</b>	<b>2021</b>	
	<b>€</b>	<b>€</b>	<b>€</b>	<b>€</b>	
Donations	<b>51,941</b>	-	<b>51,941</b>	27,900	
	<b>=====</b>	<b>=====</b>	<b>=====</b>	<b>=====</b>	
<b>3.2 CHARITABLE ACTIVITIES</b>	<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>2022</b>	<b>2021</b>	
	<b>€</b>	<b>€</b>	<b>€</b>	<b>€</b>	
<b>Grants from governments and other co-funders:</b>					
Fundraising	<b>96,726</b>	-	<b>96,726</b>	167,381	
Income from Programs and Workshops	<b>66,940</b>	-	<b>66,940</b>	159,442	
Grants Receivable for Core Activities	-	<b>307,748</b>	<b>307,748</b>	305,439	
	<b>=====</b>	<b>=====</b>	<b>=====</b>	<b>=====</b>	
	<b>163,666</b>	<b>307,748</b>	<b>471,414</b>	632,262	

# Suicide or Survive

## NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 31 December 2022

3.3 OTHER INCOME	Unrestricted Funds €	Restricted Funds €	2022 €	2021 €	
Other income	1,039	-	1,039	260	
<b>4. EXPENDITURE</b>					
4.1 RAISING FUNDS	Direct Costs €	Other Costs €	Support Costs €	2022 €	2021 €
Fundraising	14,194	-	-	14,194	8,013
<b>4.2 CHARITABLE ACTIVITIES</b>					
	Direct Costs €	Other Costs €	Support Costs €	2022 €	2021 €
Delivery of Services	186,000	-	-	186,000	200,336
General Operations	16,764	-	279,141	295,905	363,847
Governance Costs (Note 4.3)	-	-	2,460	2,460	2,460
	<b>202,764</b>	<b>-</b>	<b>281,601</b>	<b>484,365</b>	<b>566,643</b>
<b>4.3 GOVERNANCE COSTS</b>					
	Direct Costs €	Other Costs €	Support Costs €	2022 €	2021 €
Charitable activities - governance costs	-	-	2,460	2,460	2,460
<b>4.4 SUPPORT COSTS</b>					
	Charitable Activities €	Governance Costs €	2022 €	2021 €	
Property costs	36,305	-	36,305	29,034	
Staff and related costs	184,254	-	184,254	200,082	
Office running costs	53,589	-	53,589	17,585	
Legal and other professional fees	4,993	-	4,993	50,083	
Audit fees	-	2,460	2,460	2,460	
	<b>279,141</b>	<b>2,460</b>	<b>281,601</b>	<b>299,244</b>	

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.

### 5. ANALYSIS OF SUPPORT COSTS

	2022 €	2021 €
Property costs	36,305	29,034
Staff and related costs	184,254	200,082
Office running costs	53,589	17,585
Legal and other professional fees	4,993	50,083
Audit fees	2,460	2,460
	<b>281,601</b>	<b>299,244</b>

## Suicide or Survive

# NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 31 December 2022

<b>6. NET INCOMING RESOURCES</b>	<b>2022</b>	2021
	€	€
<b>Net Incoming Resources are stated after charging/(crediting):</b>		
Depreciation of tangible assets	874	4,174
(Surplus) on disposal of tangible fixed assets	(450)	-
Auditor's remuneration:		
- audit services	2,460	2,460
	<u>2,460</u>	<u>2,460</u>

## 7. EMPLOYEES AND REMUNERATION

### Number of employees

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

	2022 Number	2021 Number
Program Co-ordinator	1	1
Support Staff	2	2
Chief Executive	1	1
	<u>4</u>	<u>4</u>

The staff costs comprise:

	2022 €	2021 €
Wages and salaries	185,175	177,859
Social security costs	17,880	19,563
Pension costs	1,627	2,660
	<u>204,682</u>	<u>200,082</u>

No employee earned less than €25,000 or more than €60,000 in the year.

## 8. TANGIBLE FIXED ASSETS

	Fixtures, fittings and equipment €
<b>Cost</b>	
At 1 January 2022	20,869
Additions	2,970
Disposals	(1,500)
At 31 December 2022	<u>22,339</u>
<b>Depreciation</b>	
At 1 January 2022	19,778
Charge for the financial year	874
On disposals	(1,500)
At 31 December 2022	<u>19,152</u>
<b>Net book value</b>	
At 31 December 2022	<u>3,187</u>
At 31 December 2021	<u>1,091</u>



**Suicide or Survive**  
**NOTES TO THE FINANCIAL STATEMENTS**

continued

for the financial year ended 31 December 2022

**8.1 TANGIBLE FIXED ASSETS PRIOR FINANCIAL YEAR**

		<b>Fixtures, fittings and equipment €</b>
<b>Cost</b>		
At 31 December 2021		20,869
<b>Depreciation</b>		
At 1 January 2021		15,604
Charge for the financial year		4,174
At 31 December 2021		19,778
<b>Net book value</b>		
At 31 December 2021		<b>1,091</b>
At 31 December 2020		5,265
<b>9. DEBTORS</b>	<b>2022</b>	<b>2021</b>
	<b>€</b>	<b>€</b>
Prepayments and accrued income	<b>16,459</b>	9,819
<b>10. CASH AND CASH EQUIVALENTS</b>	<b>2022</b>	<b>2021</b>
	<b>€</b>	<b>€</b>
Cash and bank balances	<b>556,815</b>	579,959
<b>11. CREDITORS</b>	<b>2022</b>	<b>2021</b>
<b>Amounts falling due within one year</b>	<b>€</b>	<b>€</b>
Trade creditors	<b>3,182</b>	369
Taxation and social security costs (Note 12)	<b>4,919</b>	5,501
Other creditors	<b>925</b>	(2,164)
Pension accrual	<b>993</b>	1,760
Accruals	<b>27,205</b>	42,959
Deferred Income	<b>88,516</b>	117,558
	<b>125,740</b>	165,983
<b>12. TAXATION AND SOCIAL SECURITY</b>	<b>2022</b>	<b>2021</b>
	<b>€</b>	<b>€</b>
<b>Creditors:</b>		
PAYE / PRSI	<b>4,919</b>	5,501

# Suicide or Survive

## NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 31 December 2022

### 13. STATE FUNDING

Agency	National Office for Suicide Prevention
Government Department	Department of Health / HSE
Grant Programme	Community services
Purpose of the Grant	General Funding and specific projects
Term	Year ended 31 December 2022
Received in the financial year	€235,837
Recognised as Income in the financial year	€291,334
Fund deferred at financial year end	€22,777

### 14. RESERVES

	2022	2021
	€	€
At the beginning of the year	424,886	339,121
Surplus for the financial year	25,835	85,765
	<u>450,721</u>	<u>424,886</u>
At the end of the year	<u>450,721</u>	<u>424,886</u>

### 15. 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.

### 16. POST-BALANCE SHEET EVENTS

There were no material events after the Balance Sheet date

### 17. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Board of Directors on 18 September 2023.