

Suicide or Survive

**Annual Report and Audited Financial
Statements for the financial year ended
31 December 2023**

**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

REFERENCE AND ADMINISTRATIVE INFORMATION..... 3

DIRECTORS' ANNUAL REPORT FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023..... 5

DIRECTORS' RESPONSIBILITIES STATEMENT..... 18

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF SUICIDE OR SURVIVE 19

STATEMENT OF FINANCIAL ACTIVITIES..... 22

BALANCE SHEET..... 23

STATEMENT OF CASH FLOWS..... 24

NOTES TO THE FINANCIAL STATEMENTS 25

ACCOUNTS STATUS..... 33

Suicide or Survive

REFERENCE AND ADMINISTRATIVE INFORMATION

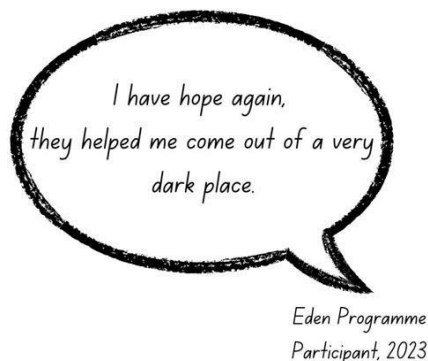
Directors	Kevin McPartlan Gerry Tynan Tracey Carney Simon Daly Ruairi Mulrean Mark Skinner Lora Shercliff
Company Secretary	Tracey Carney
Chief Executive Officer	Paula Lawlor
Charity Number	CHY16442
Charities Regulatory Authority Number	20059231
Company Registration Number	397632
Registered Office and Principal Address	First Floor 3-5 Carysfort Avenue Blackrock Co Dublin A94 W9X6
Auditors	Whiteside Cullinan Chartered Accountants and Registered Auditors Fleming Court Fleming's Place Dublin 4 D04 N4X9
Principal Bankers	AIB Bank Georges Street, Dun Laoghaire, Co. Dublin

Suicide or Survive



Suicide or Survive

DIRECTORS' ANNUAL REPORT FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023



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 2023.

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 2023.

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

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 to live a full life regardless of the challenges they may face in their mental health throughout their lives. Suicide or Survive started at Caroline McGuigan's kitchen table born out of her own lived experience and that of people she encountered. The organisation has always remained true to its roots with the influence of the lived experience of people with their mental health 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 experience and feedback from people who have attempted or contemplated suicide, and through available research literature include a lack of psychoeducational interventions that can be easily accessed and that are not prohibitively costly to the individual as well as a safe space to explore experiences and seek support.

Suicide or Survive

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 its challenges.

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

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.

Suicide or Survive

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.
- Facilitators: We ensure facilitators are supported in their roles through CPD and supervision, we work with facilitators to ensure fidelity and improvements in all our programmes
- Volunteers: Our Volunteer Policy and procedures ensure volunteers with Suicide or Survive are supported and informed.

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.

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.

Suicide or Survive

- 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

Structure, Governance and Management Structure

The organisation is led by a voluntary Board of Directors, and the CEO is supported by this Board. 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 resigned in July 2023 and an interim CEO was appointed while the Board undertakes a comprehensive strategic review of structure, policies and procedures to ensure the greatest possible provision of SOS' services, maintaining fidelity to the unique way in which we deliver those services and providing greatest security and stability for service users and staff.

Internally evaluating all our programmes on an ongoing basis also ensures that the voice of the service user is heard at all times and is central to refining and developing all programmes. We also commission external evaluations of our programmes on a periodic basis, with UCC selected to conduct a full evaluation of our online Eden programme.

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 2023 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

Suicide or Survive

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.
- Monthly Podcast

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. In 2023 a scoping study was carried out in Q1 and the recommendations of the scoping study were put into place for delivery of an evening online Eden programme. A tender was awarded to UCC to evaluate our online Eden programme over a 2 year period.

Financial Review

Our 2023 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.

Financial Results

At the end of the financial year the company had gross assets of €561,364 (2022 - €576,461) and gross liabilities of €106,253 (2022 - €125,740). The net assets of the company have increased by €4,390.

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.

Suicide or Survive

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:

- Kevi McPartlan
- Gerry Tynan
- Tracey Carney
- Simon Daly
- Ruairi Mulrean
- Mark Skinner
- Lora Shercliff

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

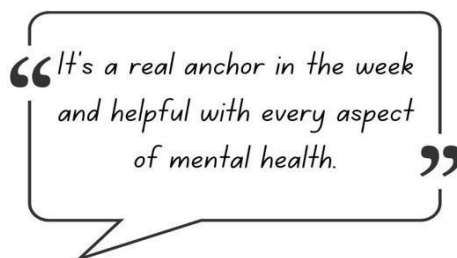
The company engages pro-actively with legislation, standards and codes which are developed for the sector. Suicide or Survive subscribes to and is compliant with the following:

- 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

2023 was a successful year for programme delivery and in extending reach and impact. To ensure optimal methodologies and accessibility of our services, where possible, a hybrid model was offered, delivering both online and in person. 2023 allowed opportunities to partner with other organisations also passionate about suicide prevention and stigma reduction. Suicide or Survive are privileged and humbled to be part of so many people's wellness and recovery journeys through our mental health promotion and suicide prevention programmes across Ireland in 2023.

The Eden Programme



Eden Programme Participant, 2023

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

Suicide or Survive

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.

Three full Eden Programmes were delivered in 2023 as well as 3 programmes beginning in September/October 2023 and rolling into 2024. Suicide or Survive delivered one Eden Programme in Dublin and the HSE delivered two programmes on license to and with the support of Suicide or Survive, one in-person in Galway and one in-person covering Mayo and Roscommon.

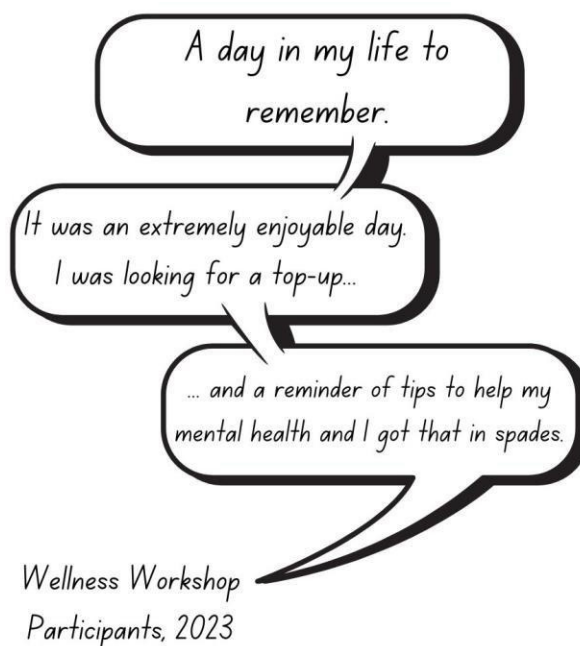
From September/October 3 additional programmes began (rolling into 2024); one in person in Dublin, one in person in Kildare (through partnership and funding from HSE Kildare, West Wicklow) and one online programme (through funding from a private Trust).

Suicide or Survive provided support, fidelity monitoring, and quality assurance services for the two Eden programmes run by the HSE on license to SOS.

In total 72 participants began Eden Programmes in 2023. 25 participants completed programmes in 2023 and 27 people carried over into 2024. Of those who didn't complete the programme, the main reasons cited were because of unexpected family or work commitments. Most of those who left early experienced most of the programme, with some leaving as late as week 20. The Eden programme in all locations was internally evaluated every 4 weeks and facilitators completed a weekly debrief. The external evaluation of the online programme by UCC commenced in July 2023.

The Wellness Workshop, Wellness Webinars and Online Wellness Workshops

The Wellness Workshop is a one-day or half-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.

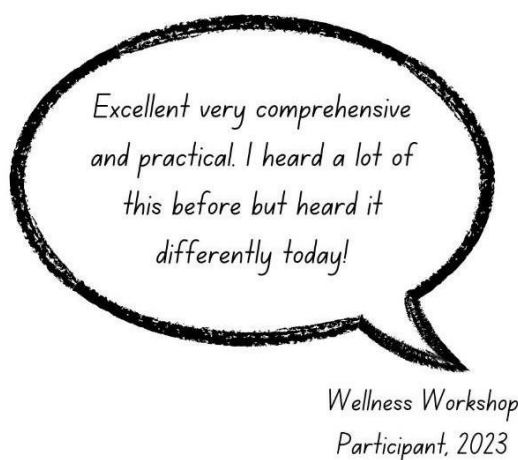


Suicide or Survive

A total of 31 Wellness Workshops were delivered in 2023 to 1032 people in partnership with a range of organisations to people in a variety of communities nationally. These included Workshops for Prisoners, Women's Sheds, Sportspeople, Education Providers, Students, people Living with Disabilities, Frontline Workers in the field of Addiction, Healthcare, and members of An Garda Síochána. We also delivered to people in communities in Dublin, Meath, Kerry, Louth, Wexford, Carlow, Cavan, Galway, Wicklow and Monaghan in partnership with Resource Officers for Suicide Prevention, Social Prescribing services, Family Resource Centres, and local community groups.

Use of our online Wellness Workshops continued to be strong throughout 2023 with 965 people availing of www.wellnessworkshop.ie and 356 using the www.youmatter.ie workshop. We developed new online resources based on existing programme materials in 2023 with these resources uploaded to the SOS website and plans for further resources to be developed in 2024.

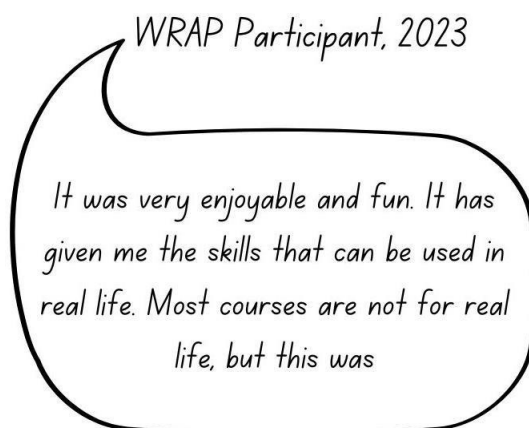
We continued to deliver a range of 45 minute Wellness Webinars across 2023 on topics related to mental health and stigma reduction. A total of 24 Webinars were facilitated. These were attended live by 241 people and included topics such as Money and Mental Health with MABS (Money Advice and Budgeting Service) and Gambling and Mental Health.



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. The arrangement with the Copeland Centre to deliver WRAP programmes online finished and WRAP delivery returned to in-person format in 2023.



Seventeen (17) WRAP Seminar 1 programmes were delivered in 2023 attended by 234 people. These were run for specific target groups (e.g., Eden Programme Participants, addiction, homeless and disability services) in partnership with local organisations across the country and for the general public in communities in Dublin, Waterford, Tipperary,

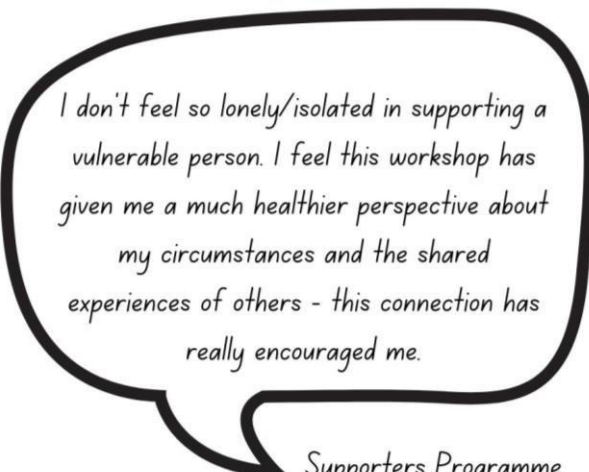
Suicide or Survive

Mayo, Galway, and Laois. One 5-day WRAP Facilitator Programme was delivered in partnership with Fingal County Council to 11 representatives from the community who are now trained WRAP facilitators.

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. 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 and 2023. 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.

Eight Supporters Programmes for people supporting a loved one were delivered in 2023 with 67 people benefiting from attending.

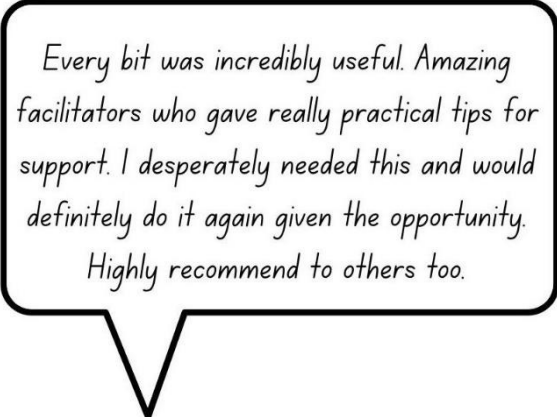


I don't feel so lonely/isolated in supporting a vulnerable person. I feel this workshop has given me a much healthier perspective about my circumstances and the shared experiences of others - this connection has really encouraged me.

*Supporters Programme
Participant, 2023*

Supporters for those supporting others in a work or volunteering capacity

The Supporter's Programme has consistently attracted people who are supporting others through their work or volunteering activities. In 2023, with thanks to our funders the National Office for Suicide Prevention, the programme was adapted to meet the needs of this group of people and 4 pilot programmes were delivered to 48 people. A waiting list of 98 people rolled into 2024 for this programme, evidencing the need for this adaption.



Every bit was incredibly useful. Amazing facilitators who gave really practical tips for support. I desperately needed this and would definitely do it again given the opportunity. Highly recommend to others too.

*Supporters Programme
Participant, 2023*

Suicide or Survive

Corporate Wellness Programmes

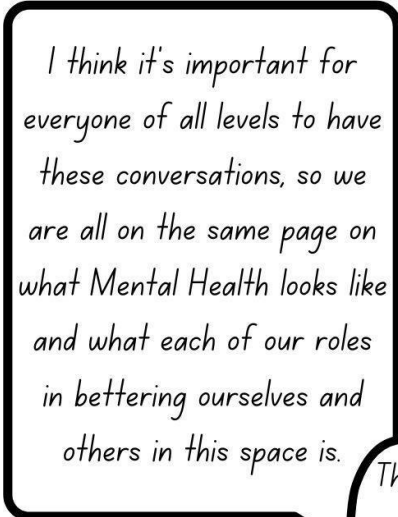


Mental health is becoming more relevant in all aspects of life. Having resources in work like this introduction is very reassuring that my workplace is actively caring for its staff.

*Introduction to Workplace Wellness
Workshop Participant, 2023*

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 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 2023. Many organisations opted to continue with online delivery to fit in with their new hybrid working arrangements. In 2023 we delivered 9 Managers workshops to 105 people leaders and 37 Employee Workshops 568 people in 14 different organisations across the country.



I think it's important for everyone of all levels to have these conversations, so we are all on the same page on what Mental Health looks like and what each of our roles in bettering ourselves and others in this space is.



This workshop was a great eye opener. Gives you plenty of food for thought, and new skills to use out in the field and in personal life.

*Workplace Wellness Workshop
Participant, 2023*

Suicide or Survive

Additional Initiatives

In-person CPD and supervision for facilitators continued in 2023. 1 New facilitator completed their mentoring in 2023 and one person from our existing panel was mentored to deliver on a second programme.

Throughout 2023 SOS engaged in a range of activities to raise the profile of the organisation and awareness of our programmes.

The CEO did 6 radio interviews to promote Eden and our other programmes. The Programmes Coordinator formed new partnerships with organisations such as Parentline, the Probation Services and the Law Society, and reinforced existing partnerships with the Resource Officers for Suicide Prevention Nationwide, the Social Prescribing Network of Ireland, the Irish Prison Services and the Traveller Mental Health team in the Southeast.

Throughout 2023, SOS spoke at the Association of Garda Sergeants & Inspectors AGM, attended mental health fairs in Dundalk and Tallaght, HSE Safe Talk launches in Clondalkin and Ballyfermot, and were part of Mental Health Reform's Members Showcase in the Mansion House.

We continued to update our website and increase our website-based resources in 2023.

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 was to open conversations with different communities about mental health, stigma and their own experience. Conversations included Mental Health and the Media with Headline, Mental Health and Stigma for Refugees and Asylum Seekers (with Spirasi) and Autism and Stigma with AsIAM. The Podcast series had 508 downloads in 2023.

We continued to increase our social media presence with an increase of 1641 followers across our platforms. 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 1918 people each quarter.

The SOS Team

The challenges and organisational changes we have faced over the last number of years have demonstrated how resilient and flexible we are as an organisation.

2023 saw huge changes in our core staff team. In April 2023 we said goodbye to our Administration and Finance Coordinator after 5 years with the organisation. Early 2023 saw the recruitment process for the new role of Operations Manager whom we welcomed to the team in May 2023. After many years of service with SOS in various capacities, our CEO stepped down in July and our Operations Manager stepped in as Interim CEO. In August our Events and Fundraising Coordinator moved to pastures new after 4 years with SOS. In Q4 recruitment process welcomed a new Administrative and Finance Officer and Events and Fundraising Coordinator.

We are very thankful to our Programmes Coordinator who has remained steadfast and flexible and has supported the new team members while adapting to much change in the organisation. Continuity, loyalty, flexibility and consistency from our Programmes Coordinator and facilitators and strength and direction from our Board has ensured that the organisation remained grounded in its values and true to its mission and vision.

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 2023 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 2023 when we welcomed 1 more facilitator to the team. Our facilitators have consistently delivered SOS's programmes to the highest standards throughout 2023 generously sharing their own lived experience 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. In late 2022 we welcomed a new Eden Manager to SOS and are so thankful for her commitment, wealth of knowledge and clinical background she brings to the Eden Team.

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

Suicide or Survive

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.

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

The Board is currently reviewing the structures, policies and procedures of the organisation with a view to ensuring maximum impact in line with these pillars.

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. In addition, Suicide or Survive are 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.

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

Suicide or Survive

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 24/09/2024 and signed on its behalf by:

DocuSigned by:

79D9C8B93F6949A...
Kevin McPartlan
Director

Signed by:

601C643CFAD9410...
Gerry Tynan
Director

Suicide or Survive

DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2023

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.

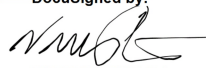
The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and net income or expenditure of the company to be determined 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 24/09/2024 and signed on its behalf by:

DocuSigned by:

 79D9C8B93F6949A...
Kevin McPartlan
 Director

Signed by:

 601C643CFAD9410...
Gerry Tynan
 Director

Suicide or Survive

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 2023 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 2023 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.

Suicide or Survive

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.

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.

Suicide or Survive

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.

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

25th September 2024

Suicide or Survive

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)

for the financial year ended 31 December 2023

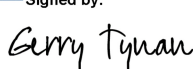
	Notes	Unrestricted Funds 2023 €	Restricted Funds 2023 €	Total Funds 2023 €	Unrestricted Funds 2022 €	Restricted Funds 2022 €	Total Funds 2022 €
Incoming Resources							
Voluntary Income	3.1	19,085	-	19,085	51,941	-	51,941
Charitable activities							
Grants and other income generating activities	3.2	150,454	359,783	510,237	163,666	307,748	471,414
Other income	3.3	247	-	247	1,039	-	1,039
Total incoming resources		169,786	359,783	529,569	216,646	307,748	524,394
Resources Expended							
Raising funds	4.1	14,271	3,924	18,195	14,194	-	14,194
Charitable activities	4.2	157,563	349,421	506,984	176,617	307,748	484,365
Total Resources Expended		171,834	353,345	525,179	190,811	307,748	498,559
Net incoming/outgoing resources before transfers		(2,048)	6,438	4,390	25,835	-	25,835
Gross transfers between funds		6,438	(6,438)	-	-	-	-
Net movement in funds for the financial year		4,390	-	4,390	25,835	-	25,835
Reconciliation of funds:							
Total funds beginning of the year		450,721	-	450,721	424,886	-	424,886
Total funds at the end of the year		455,111	-	455,111	450,721	-	450,721

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 24/09/2024 and signed on its behalf by:

DocuSigned by:

 79D9C8B93F6949A...
Kevin McPartlan
 Director

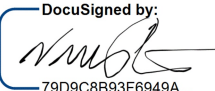
Signed by:

 601C643CFAD9410...
Gerry Tynan
 Director

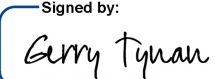
Suicide or Survive**BALANCE SHEET**

as at 31 December 2023

	Notes	2023 €	2022 €
Fixed Assets			
Tangible assets	8	2,188	3,187
Current Assets			
Debtors	9	25,814	16,459
Cash at bank and in hand	10	533,362	556,815
		559,176	573,274
Creditors: Amounts falling due within one year	11	(106,253)	(125,740)
Net Current Assets		452,923	447,534
Total Assets less Current Liabilities		455,111	450,721
Funds			
General fund (unrestricted)		455,111	450,721
Total funds		455,111	450,721

Approved by the Board of Directors on 24/09/2024 and signed on its behalf by:

DocuSigned by:

 79D9C8B93F6949A...
Kevin McPartlan
 Director

Signed by:

 601C643CFAD9410...
Gerry Tynan Director

Suicide or Survive**STATEMENT OF CASH FLOWS**

for the financial year ended 31 December 2023

	Notes	2023 €	2022 €
Cash flows from operating activities			
Net movement in funds		4,390	25,835
Adjustments for:			
Depreciation		999	874
Gains and losses on disposal of fixed assets		-	(450)
		<u>5,389</u>	<u>26,259</u>
Movements in working capital:			
Movement in debtors		(9,355)	(6,640)
Movement in creditors		(19,487)	(40,243)
		<u>(23,453)</u>	<u>(20,624)</u>
Cash used in operations			
Cash flows from investing activities			
Payments to acquire tangible assets		-	(2,970)
Receipts from disposal of tangible assets		-	450
		<u>-</u>	<u>(2,520)</u>
Net cash generated from/(used in) investment activities			
Net decrease in cash and cash equivalents		(23,453)	(23,144)
Cash and cash equivalents at the beginning of the year		556,815	579,959
Cash and cash equivalents at the end of the year	10	<u>533,362</u>	<u>556,815</u>

Suicide or Survive

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2023

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

Suicide or Survive

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 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.

3. INCOME

Suicide or Survive

3.1 DONATIONS AND LEGACIES

	Unrestricted Funds €	Restricted Funds €	2023 €	2022 €
Donations	19,085	-	19,085	51,941

3.2 CHARITABLE ACTIVITIES

	Unrestricted Funds €	Restricted Funds €	2023 €	2022 €
Grants from governments and other co-funders:				
Fundraising	102,484	-	102,484	96,726
Income from Programs and Workshops	47,970	-	47,970	66,940
Grants Receivable for Core Activities	-	359,783	359,783	307,748
	150,454	359,783	510,237	471,414

3.3 OTHER INCOME

	Unrestricted Funds €	Restricted Funds €	2023 €	2022 €
Other income	247	-	247	1,039

4. EXPENDITURES

4.1 RAISING FUNDS

	Direct Costs €	Other Costs €	Support Costs €	2023 €	2022 €
Fundraising	18,195	-	-	18,195	14,194

4.2 CHARITABLE ACTIVITIES

	Direct Costs €	Other Costs €	Support Costs €	2023 €	2022 €
Delivery of Services	254,360	-	-	254,360	186,000
General Operations	14,643	-	234,537	249,180	295,905
Governance Costs (Note 4.3)	-	-	3,444	3,444	2,460
	269,003	-	237,981	506,984	484,365

4.3 GOVERNANCE COSTS

	Direct Costs €	Other Costs €	Support Costs €	2023 €	2022 €
Charitable activities - governance costs	-	-	3,444	3,444	2,460

Suicide or Survive

4.4	SUPPORT COSTS	Charitable Activities €	Governance Costs €	2023 €	2022 €
	Audit fees	-	3,444	3,444	2,460
	Office running costs	44,000	-	44,000	53,589
	Legal and other professional fees	10,474	-	10,474	4,993
	Property costs	22,293	-	22,293	36,305
	Staff and related costs	157,770	-	157,770	184,254
		234,537	3,444	237,981	281,601

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	2023 €	2022 €
	Audit fees	3,444	2,460
	Office running costs	44,000	53,589
	Legal and other professional fees	10,474	4,993
	Property costs	22,293	36,305
	Staff and related costs	157,770	184,254
		237,981	281,601

6.	NET INCOMING RESOURCES	2023 €	2022 €
	Net Incoming Resources are stated after charging/(crediting):		
	Depreciation of tangible assets	999	874
	(Surplus) on disposal of tangible fixed assets	-	(450)
	Auditor's remuneration: - audit services	3,444	2,460

7. EMPLOYEES AND REMUNERATION

Number of employees

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

	2023 Number	2022 Number
Chief Executive	1	1
Program Co-ordinator	1	1
Support Staff	2	2
	4	4

	2023 €	2022 €
The staff costs comprise:		
Wages and salaries	170,232	185,175
Social security costs	18,861	17,880

Suicide or Survive

Pension costs	-	1,627
	<u>189,093</u>	<u>204,682</u>

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

Suicide or Survive

8. TANGIBLE FIXED ASSETS

	Fixtures, fittings and equipment €
Cost	
At 31 December 2023	22,339
Depreciation	
At 1 January 2023	19,152
Charge for the financial year	999
At 31 December 2023	20,151
Net book value	
At 31 December 2023	2,188
At 31 December 2022	3,187

8.1 TANGIBLE FIXED ASSETS PRIOR FINANCIAL YEAR

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

9. DEBTORS

	2023 €	2022 €
Prepayments and accrued income	25,814	16,459

10. CASH AND CASH EQUIVALENTS

	2023 €	2022 €
Cash and bank balances	533,362	556,815

Suicide or Survive

11. CREDITORS	2023	2022
Amounts falling due within one year	€	€
Trade creditors	1,075	3,182
Taxation and social security costs (Note 12)	6,077	4,919
Other creditors	1,152	925
Pension accrual	-	993
Accruals	6,359	27,205
Deferred Income	91,590	88,516
	106,253	125,740

12. TAXATION AND SOCIAL SECURITY	2023	2022
	€	€
Creditors:		
PAYE / PRSI	6,077	4,919

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 2023
Funds Carried forward from previous period	€22,777
Received in the financial year	265,254
Recognised as Income in the financial year	€250,900
Fund deferred at financial year end	€37,131

14. RESERVES

	2023	2022
	€	€
At the beginning of the year	450,721	424,886
Surplus for the financial year	4,390	25,835
At the end of the year	455,111	450,721

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.

Suicide or Survive

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

.....24/09/2024.....

ACCOUNTS STATUS

Suicide or Survive Financial Statements 31st December 2023

Task	Staff	Status	Completed	Narration
Books Requested		Not Started		
Books Received		Not Started		
Draft TB		Not Started		
Partner Review		Not Started		
Adjustments		Not Started		
Adjusted Profit Comp		Not Started		
Final Adjustment		Not Started		
Ready for Signing		Not Started		
Accounts Filed		Not Started		
Closedown		Not Started		