Suicide or Survive

Annual Report and Audited Financial Statements

for the financial year ended 31 December 2024

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


WRAP Seminar 1 Attendees
155
Wellness Workshop Attendees
949
Online You Matter Workshop Participants
518
Online Wellness Workshop Participants
16258
Eden Programme Attendees
57
Supporters Programme Attendees
146
Minding Me Attendees
20
Online Wellness Workshops accessed by youth at www.youmatter.ie and adult on www.wellness workshop.ie
Suicide or Survive
www.suicideorsurvive.ie
Suicide or Survive
2024 Achievements
SOS in numbers

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Suicide or Survive
REFERENCE AND ADMINISTRATIVE INFORMATION

Directors	Gerry Tynan Simon Daly Ruairi Mulrean Mark Skinner Lora Shercliff Fiona Killard-Lynch (Appointed 1 April 2025) Nicki Redmond (Appointed 10 June 2025) Tracey Carney (Resigned 10 June 2025) Kevin McPartlan (Resigned 1 April 2025)
Chairperson	Fiona Killard-Lynch
Company Secretary	Nicki Ringwood (Appointed 10 June 2025) Tracey Carney (Resigned 10 June 2025)
Chief Executive Officer	Catherine Brogan
Charity Number	CHY16442
Charities Regulatory Authority Number	20059231
Company Registration Number	397632
Registered Office	Room 3, Carmichael House 4-7 North Brunswick Street Dublin 8 D07 RHA8
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

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 2024.

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 2024.

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.

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 this purpose is the reason we exist.

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

Quality of our Services
Our services are developed and delivered based on 4 key principles: genuineness, understanding, respect, and acceptance. Our focus is on excellence in all we do. Evaluation and continuous improvement are an integral part of 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.
- 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 in a different way, 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 work at Suicide or Survive.

The interim CEO was appointed in 2023 while the Board undertook 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 people who participate in our programmes and staff.

Based on the goals of the current strategic plans the focus of the work of SOS included focusing on the areas below:

- Embed our service user led perspective by ensuring people who participate in our programmes 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 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 Interim CEO is supported by this Board. In addition to the Interim 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 interim CEO was appointed in 2023 while the Board undertook 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 people who participate in the programmes are heard at all times and is central to refining and enhancing 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 2024 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 Interim CEO. There is a clear line of communication between the Interim 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 Interim 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 and enhanced 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.
- An 8-hour Supporters Programme for family members/ friends who are supporting someone in their lives who is struggling with their mental health.
- An 8-hour Supporters Programme for those supporting someone struggling with their mental health in a work or professional capacity eg. through volunteering
- A newly developed 8 hour Minding Me Programme 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 for quality assurance and ensure programme fidelity is maintained and that the voice of the people who participate in the programmes is heard and used to refine and strengthen all programmes. We commission external evaluations of our programmes on a periodic basis. UCC continued to evaluate our online Eden programme in 2024 (the evaluation takes place over a 2 year period 2023-2025).

Financial Review
Our 2024 accounts reflect that the organisation maintained its programme provision at a similar level to 2023 with thanks to the continued support of the HSE, National Office for Suicide Prevention and all of those who donate or fundraise on behalf of Suicide or Survive,

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

Financial Results
At the end of the financial year the company had gross assets of €444,678 (2023 - €561,364) and gross liabilities of €57,748 (2023 - €106,253). The net assets of the company have decreased by €(68,181).

Principal Risks and Uncertainties
In common with all charitable organisations, the company has uncertain income streams, and accordingly the ability to continue to fund programme commitments is the greatest risk facing the company. To manage this risk, the company sets a annual budget with review every quarter. 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:

Gerry Tynan
Simon Daly
Ruairi Mulrean
Mark Skinner
Lora Shercliff
Fiona Killard-Lynch (Appointed 1 April 2025)
Nicki Redmond (Appointed 10 June 2025)
Tracey Carney (Resigned 10 June 2025)
Kevin McPartlan (Resigned 1 April 2025)

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

The secretaries who served during the financial year were;

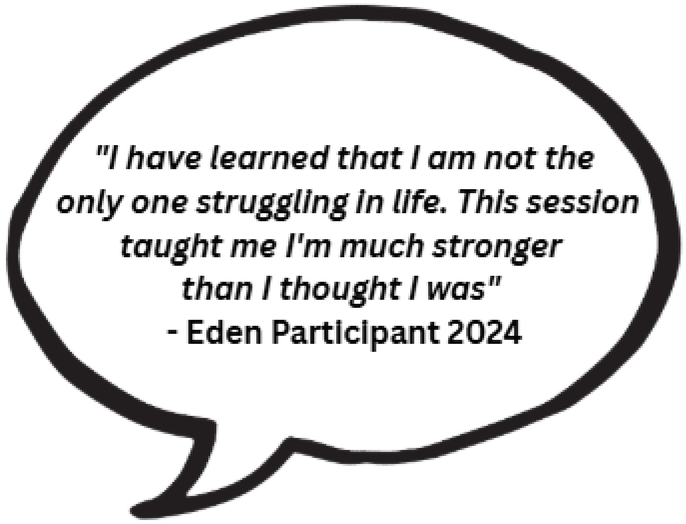
Nicki Ringwood (Appointed 10 June 2025)
Tracey Carney (Resigned 10 June 2025)

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
2024 was a successful year for programme delivery and in extending the 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. 2024 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 suicide prevention and mental health promotion
programmes across Ireland in 2024.

The Eden Programme



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 our Minding Me 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.

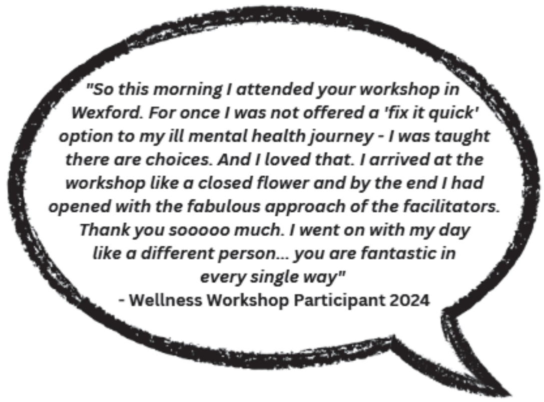
The Eden Programme forms one part of an individual's support system and encourages those who attend to work on building natural supports in their own communities. It focuses on empowering participants to develop and use a range of tools to monitor and manage their mental health on a day-to-day basis and more particularly in times of crisis. It is a 26 week closed group programme when in person and includes our Minding Me Programme. The programme runs for 3 hours one morning per week when in person and 3 hours one evening per week when online.

5 Eden Programmes ran in 2024. One full Eden Programme was delivered in 2024 as well as 3 programmes which began in September/October 2023 and rolled into 2024 and one programme which began in October 2024 and carried over to April 2025. Suicide or Survive delivered two of these programmes in Dublin through funding received by NOSP and one in Kildare (through partnership and funding received from HSE Kildare, West Wicklow) and 2 online, thanks to funding received from a private Trust.

In total 57 participants participated in the Eden Programmes in 2024. 27 people carried over into 2024 from programmes that began in 2023. 16 participants started and 10 completed a full programme in 2024 and 14 participants began a programme in October 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 the majority 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 and continued throughout 2024.

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.



A total of 31 Wellness Workshops were delivered in 2024 to 949 people in partnership with a range of organisations to people in a variety of communities nationally. These included Workshops for Prisoners, education providers, students, refugees, people living with disabilities, frontline workers in the field of addiction and homelessness, healthcare workers, and the Traveller community. We also delivered to people in communities in Dublin, Meath, Kildare, Carlow, Mayo, Waterford, Cavan, Galway, Wexford, Wicklow, Portlaoise and Donegal in partnership with Resource Officers for Suicide Prevention, Social Prescribing services, Family Resource Centres, and local community groups. We updated our Wellness Workshop workbook and it continues to be provided as a long-term resources for particpants to use after the programme has ended.

Use of our online Wellness Workshops continued to be strong throughout 2024 with 16258 people availing of www.wellnessworkshop.ie and 518 using the www.youmatter.ie workshop. We created new online resources based on existing programme materials in 2024 with these resources were uploaded to the SOS website and there are plans for further resources to be developed in 2025.

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.

5 WRAP Seminar 1 programmes were delivered in 2024. 81 people registered and 65 people attended. These were run for specific target groups (e.g., Eden Programme Participants in Kildare, addiction, homeless and disability services, and frontline staff in partnership with local organisations across the country and for the general public in communities in Dublin and Waterford.

In 2024 a decision was made by SOS management to step away from WRAP delivery for a variety of reasons including the accessibility of it for our Eden participants. Also, WRAP is available to the community through other organisations nationwide resulting in SOS experiencing low attendance on this programme.

The Minding Me Programme

In 2023 and 2024 various stakeholders within SOS co-produced a new programme called Minding Me. This is an integral part of the Eden programme and is also available to community groups throughout the country.

Minding Me is an 8-hour programme aiming to provide participants with tools to take a proactive approach to their mental health and wellbeing by developing a personal plan to support mental health and wellness. Increasing awareness of personal mental health and wellbeing; what keeps us well and what can pose a challenge and by identifying a range of resources and support to use as part of an individual's wellness plan.

SOS delivered 2 pilot programmes in 2024 to members of the facilitator panel and to Eden participants. As a result of positive feedback from these pilot programmes, the programme was amended and 4 further pilot programs will be delivered in 2025.

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 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 since 2021. 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. In 2024, 6 Supporters Programmes for Loved Ones were held with 72 people registering and 46 participants completing the programme.

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 2024, 9 Supporters Programmes for Workers and Volunteers were held with 131 people registering and 100 participants completing the programme from organisations such as HUGG, Parentline Volunteers Coolmine Addiction Service, the Childrens Network Disability Team, KARE, The Red Cross and to the Naas Hospital Non Clinical Team.

> ***"The programme was very useful in highlighting the importance of self-care when helping others. The facilitators created a very safe space for participants to share personal challenges and experiences. Very worthwhile and informative"***
> **- Supporters Programme for Workers and Volunteers Participant 2024**

Corporate Wellness Programmes

> ***"It encourages a supportive environment where employees feel valued and understood. Workshops like this can help reduce stigma, increase awareness and equip everyone with the tools to manage stress and maintain well-being, ultimately leading to happier, more productive employees"***
> **- Corporate Workshop Participant 2024**

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.

In 2024 the programmes were reviewed by SOS staff, facilitators and from feedback from participants and the Workplace Wellness Progamme and Managers Workshops were subsequently updated.

Suicide or Survive continued to provide its suite of Workplace Wellness workshops in 2024. Some organisations opted to continue with online delivery to fit in with their new hybrid working arrangements. In 2024 we delivered 3 Managers' workshops to 62 people leaders and 4 Employee Workshops to 106 people in 3 different organisations across the country.

Additional Initiatives
In-person CPD and supervision for facilitators continued in 2024, and 4 people from our existing panel were mentored to deliver on a second programme.

Throughout 2024 SOS engaged in a range of activities to raise the profile of the organisation and awareness of our programmes. The Programmes Coordinator formed new partnerships with organisations such as United Nations Migration Agency, HUGG, The Red Cross, and the South Dublin County Partnership, 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 2024 SOS were represented at a mental health fair in Tallaght, a Connecting for Life event in Galway, the launch of 'Let's Talk About Suicide' training programme from the HSE and an NOSP-NGO networking meeting.

We continued to update our website and increase our website-based resources in 2024 and build our social media presence with an increase of 1388 followers across our platforms.

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.

We are very thankful to our Programmes Coordinator who has remained steadfast and flexible and has supported 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 regulation, guidelines and legislation related to the sector, and delivers on its commitments to funders, donors, and all those who fundraise for the organisation.

Over the years Suicide or Survive has developed a panel of passionate and experienced facilitators. Our facilitators have consistently delivered SOS's programmes to the highest standards throughout 2024 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.

A heartfelt thanks to the entire team at SOS, to the office 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.

Planning for the Future
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

In 2024 the Board continued to comprehensively review 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

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 Room 3, Carmichael House, 4-7 North Brunswick Street, Dublin 8, D07 RHA8

Approved by the Board of Directors on 16 September 2025 and signed on its behalf by:

Signed by:
Gerry Tynan
04559BBF83D6406
Gerry Tynan
Director

Signed by:
Fiona Killard-Lynch
0E10EB4677624C3
Fiona Killard-Lynch
Director

DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2024

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 16 September 2025 and signed on its behalf by:

Signed by:
Gerry Tynan
04559BBF83D6406...

Gerry Tynan
Director

Signed by:
Fiona Killard-Lynch
0C10EB4677624C3...

Fiona Killard-Lynch
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 2024 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 2024 and of its deficit 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
In our opinion, based on the work undertaken in the course of the audit, we report that:
- the information given in the Directors' Annual Report is consistent with the financial statements;
- the Directors' Annual Report has been prepared in accordance with the Companies Act 2014; and

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.

In our opinion 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.

Respective responsibilities

Responsibilities of directors for the financial statements
As explained more fully in the Directors' Responsibilities Statement set out on page 13, 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 skepticism 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

17 September 2025

Suicide or Survive

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)

for the financial year ended 31 December 2024

	Notes	**Unrestricted Funds 2024 €**	**Restricted Funds 2024 €**	**Total Funds 2024 €**	Unrestricted Funds 2023 €	Restricted Funds 2023 €	Total Funds 2023 €
Incoming Resources							
Voluntary Income	**3.1**	**13,583**	**-**	**13,583**	19,085	-	19,085
Charitable activities Grants and other income	**3.2**	**81,719**	**371,536**	**453,255**	150,454	359,783	510,237
generating activities Other income	**3.3**	**-**	**-**	**-**	247	-	247
Total incoming resources		**95,302**	**371,536**	**466,838**	169,786	359,783	529,569
Resources Expended							
Raising funds	**4.1**	**14,545**	**-**	**14,545**	14,271	3,924	18,195
Charitable activities	**4.2**	**144,547**	**375,927**	**520,474**	157,563	349,421	506,984
Total Resources Expended		**159,092**	**375,927**	**535,019**	171,834	353,345	525,179
Net incoming/outgoing resources before transfers		**(63,790)**	**(4,391)**	**(68,181)**	(2,048)	6,438	4,390
Gross transfers between funds		**(4,391)**	**4,391**	**-**	6,438	(6,438)	-
Net movement in funds for the financial year		**(68,181)**	**-**	**(68,181)**	4,390	-	4,390
Reconciliation of funds:							
Total funds beginning of the year		**455,111**	**-**	**455,111**	450,721	-	450,721
Total funds at the end of the year		**386,930**	**-**	**386,930**	455,111	-	455,111

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 16 September 2025 and signed on its behalf by:

Signed by:
Gerry Tynan
04559BBF83D8406

Gerry Tynan
Director

Signed by:
Fiona Killard-Lynch
8240EB467762423

Fiona Killard-Lynch
Director

Suicide or Survive
BALANCE SHEET
as at 31 December 2024

	Notes	2024 €	2023 €
Fixed Assets			
Tangible assets	9	**1,189**	2,188
Current Assets			
Debtors	10	**7,728**	25,814
Cash at bank and in hand	11	**435,761**	533,362
		443,489	559,176
Creditors: Amounts falling due within one year	12	**(57,748)**	(106,253)
Net Current Assets		**385,741**	452,923
Total Assets less Current Liabilities		**386,930**	455,111
Funds			
General fund (unrestricted)		**386,930**	455,111
Total funds		**386,930**	455,111

Approved by the Board of Directors on 16 September 2025 and signed on its behalf by:

Signed by:
Gerry Tynan
04559BBF83D8406...
Gerry Tynan
Director

Signed by:
Fiona Killard-Lynch
Fiona Killard-Lynch
Director

Suicide or Survive

STATEMENT OF CASH FLOWS

for the financial year ended 31 December 2024

	Notes	2024 €	2023 €
Cash flows from operating activities			
Net movement in funds		**(68,181)**	4,390
Adjustments for:			
Depreciation		**999**	999
		(67,182)	5,389
Movements in working capital:			
Movement in debtors		**18,086**	(9,355)
Movement in creditors		**(48,505)**	(19,487)
Cash used in operations		**(97,601)**	(23,453)
Net decrease in cash and cash equivalents		**(97,601)**	(23,453)
Cash and cash equivalents at the beginning of the year		**533,362**	556,815
Cash and cash equivalents at the end of the year	**11**	**435,761**	533,362

1. GENERAL INFORMATION

Suicide or Survive is a company limited by guarantee incorporated in Ireland. The registered office of the company is Room 3, Carmichael House, 4-7 North Brunswick Street, Dublin 8, D07 RHA8 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 2024 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 without specific expenditure requirements attaching, including operational grant funding. Designated funds are recognised when the associated expenditure has been incurred. Unexpended designated funds held at the end of the Financial Period are treated as Deferred Income. Ongoing regular communications are maintained with the Designated funds provider to update them on the sums expended ore balances retained.

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

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

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

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

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

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

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

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

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

Resources Expended
Expenditure is recognised on 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

3.1 DONATIONS AND LEGACIES

	Unrestricted Funds	**Restricted Funds**	**2024**	2023
	€	**€**	**€**	€
Donations	**13,583**	**-**	**13,583**	19,085

3.2 CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	2024	2023
	€	€	€	€
Grants from governments and other co-funders:				
Fundraising	**71,024**	**-**	**71,024**	102,484
Income from Programs and Workshops	**10,695**	**-**	**10,695**	47,970
Grants Receivable for Core Activities	**-**	**371,536**	**371,536**	359,783
	81,719	**371,536**	**453,255**	510,237

3.3 OTHER INCOME

	Unrestricted Funds	Restricted Funds	2024	2023
	€	€	€	€
Other income	**-**	**-**	**-**	247

4. EXPENDITURE
4.1 RAISING FUNDS

	Direct Costs	Other Costs	Support Costs	2024	2023
	€	€	€	€	€
Fundraising	**14,545**	**-**	**-**	**14,545**	18,195

4.2 CHARITABLE ACTIVITIES

	Direct Costs	Other Costs	Support Costs	2024	2023
	€	€	€	€	€
Delivery of Services	**249,912**	**-**	**-**	**249,912**	254,360
General Operations	**37,302**	**-**	**228,935**	**266,237**	249,180
Governance Costs (Note 4.3)	**-**	**-**	**4,325**	**4,325**	3,444
	287,214	**-**	**233,260**	**520,474**	506,984

4.3 GOVERNANCE COSTS

	Direct Costs	Other Costs	Support Costs	2024	2023
	€	€	€	€	€
Charitable activities - governance costs	**-**	**-**	**4,325**	**4,325**	3,444

4.4 SUPPORT COSTS

	Charitable Activities	Governance Costs	2024	2023
	€	€	€	€
Audit fees	**-**	**4,325**	**4,325**	3,444
Office running costs	**26,929**	**-**	**26,929**	44,000
Legal and other professional fees	**-**	**-**	**-**	10,474
Property costs	**21,142**	**-**	**21,142**	22,293
Staff and related costs	**180,864**	**-**	**180,864**	157,770
	228,935	**4,325**	**233,260**	237,981

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

	2024 €	2023 €
Audit fees	**4,325**	3,444
Office running costs	**26,929**	44,000
Legal and other professional fees	**-**	10,474
Property costs	**21,142**	22,293
Staff and related costs	**180,864**	157,770
	233,260	237,981

6. NET INCOMING RESOURCES

	2024 €	2023 €
Net Incoming Resources are stated after charging/(crediting):		
Depreciation of tangible assets	**999**	999
Auditor's remuneration:		
- audit services	**4,325**	3,444

7. EMPLOYEES AND REMUNERATION

Number of employees

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

	2024 Number	2023 Number
Chief Executive	**1**	1
Program Co-ordinator	**1**	1
Support Staff	**2**	2
	4	4

The staff costs comprise:	2024 €	2023 €
Wages and salaries	**189,578**	170,232
Social security costs	**19,797**	18,861
Pension costs	**2,133**	-
	211,508	189,093

8. EMPLOYEE BENEFITS

There are no employees who received employee benefits (excluding employer pension costs) of more than €70,000 for the reporting period.

9. TANGIBLE FIXED ASSETS

	Fixtures, fittings and equipment €
Cost	
At 31 December 2024	22,339
Depreciation	
At 1 January 2024	20,151
Charge for the financial year	999
At 31 December 2024	21,150
Net book value	
At 31 December 2024	**1,189**
At 31 December 2023	2,188

9.1 TANGIBLE FIXED ASSETS PRIOR FINANCIAL YEAR

	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

10. DEBTORS

	2024 €	2023 €
Prepayments and accrued income	**7,728**	25,814

11. CASH AND CASH EQUIVALENTS

	2024 €	2023 €
Cash and bank balances	**435,761**	533,362

12. CREDITORS

Amounts falling due within one year	2024 €	2023 €
Trade creditors	**5,251**	1,075
Taxation and social security costs (Note 13)	**5,545**	6,077
Other creditors	**1,455**	1,152
Accruals	**4,325**	6,359
Deferred Income	**41,172**	91,590
	57,748	106,253

13. TAXATION AND SOCIAL SECURITY

	2024 €	2023 €
Creditors:		
PAYE / PRSI	**5,545**	6,077

14. 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 2024
Funds Carried forward from previous period	€37,131
Received in the financial year	€277,119
Recognised as Income in the financial year	€288,996
Fund deferred at financial year end	€25,254

15. RESERVES

	2024 €	2023 €
At the beginning of the year	**455,111**	450,721
(Deficit)/Surplus for the financial year	**(68,181)**	4,390
At the end of the year	**386,930**	455,111

16. 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

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2024

17. POST-BALANCE SHEET EVENTS

There were no material events after the Balance Sheet date

18. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Board of Directors on 16/09/2025

ACCOUNTS STATUS

Suicide or Survive
Financial Statements 31st December 2024

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		