

Suicide or Survive
Annual Report and Audited Financial Statements
for the financial year ended 31 December 2025

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

	Page
Reference and Administrative Information	3
Directors' Annual Report	4 - 42
Directors' Responsibilities Statement	43 - 44
Independent Auditor's Report	45 - 48
Statement of Financial Activities	49
Balance Sheet	50
Statement of Cash Flows	51
Notes to the Financial Statements	52 - 58

Suicide or Survive

REFERENCE AND ADMINISTRATIVE INFORMATION

Directors

Fiona Killard-Lynch (Appointed 1 April 2025)
Simon Daly
Ruairi Mulrean
Mark Skinner
Karl Kelly (Appointed 21 October 2025)
Nicki Ringwood (Appointed 10 June 2025)
Benoy Ittyavirah (Appointed 21 October 2025)
Sacha Jones (Appointed 2 December 2025)
Vanessa Burke (Appointed 2 December 2025)
Jennifer Taaffe (Appointed 24 February 2026)
Antoinette Quinn (Appointed 31 March 2026)
Patrick Wilkinson (Appointed 12 May 2026)
Tracey Carney (Resigned 10 June 2025)
Gerry Tynan (Resigned 2 December 2025)
Lora Shercliff (Resigned 14 January 2026)
Kevin McPartlan (Resigned 1 April 2025)

Chairperson

Fiona Killard-Lynch

Company Secretary

Karl Kelly (Appointed 21 October 2025)
Nicki Ringwood (Appointed 10 June 2025, Resigned 21 October 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 and Principal Address

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

2025 Programmes in Numbers



**"It builds you up to
believe in yourself
again."**

Quote from 2025 Eden participant
interviews

The Suicide or Survive Board present their Director's Annual Report, combining the Directors' Report and Trustees' Report, and the audited financial statements for the financial year ended 31st December 2025.

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 the Board of Suicide or Survive present a summary of its purpose, governance, activities, achievements and finances for the financial year 2025.

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.



Introduction

In 2025 the Board and Team reflected on the Strategic direction, Mission, Vision, Values and Objectives of Suicide or Survive and made the collective decision to conduct a full review of the organization. This process was underpinned by the principles of co-creation and a new 5 year Strategy for 2026-2030, “Courageous Conversations for Suicide Prevention in Ireland” was achieved.

This new strategy brings clarity of purpose and reason for our existence. The Mission, Vision and Values have changed through a stringent co-creation process that now reflects the voices of so many, our Board, Team, Facilitators, the Statutory, Community and Voluntary sectors and most importantly the people with lived and living experience and participants in our programmes.

We engaged the services of Mantra Strategy, and we are particularly grateful for the leadership, expertise and support from Roisin Coughlan in shaping this strategy, for Julie McDonald in her support for the fundraising strategy that coincides with our Strategic Plan, and to Lisa-Nicole Dunne for encouragement and belief in our work.

The result of this process is that we have clear definition on our identity and direction;

Who we are:

Suicide or Survive is a national charity working to prevent suicide and break the silence that surrounds it.

What we do:

We deliver facilitated group programmes rooted in lived and living experience that foster courageous conversations about suicide. We believe honest conversation is at the heart of prevention. Through conversation, people begin to recognise their own strength and capacity to live safely with suicidal thoughts.

How we do it:

Working alongside community, voluntary and statutory agencies, we cocreate and deliver programmes for anyone affected by suicide, including people experiencing suicidal thoughts or who have attempted suicide, those who support them, and the workplaces, communities and systems around them.

Why we do it:

Suicide prevention is our purpose. We believe courageous conversations can and do prevent suicide, and everything we do exists to make those conversations possible.

Vision:

An Ireland where people have the courage to speak about suicide and the space to be heard, so that hope is possible even on the darkest of days.

Mission:

We work to prevent suicide through programmes grounded in courageous conversations, lived and living experience, and practical skill building that supports people to live with suicidal thoughts without being defined by them.

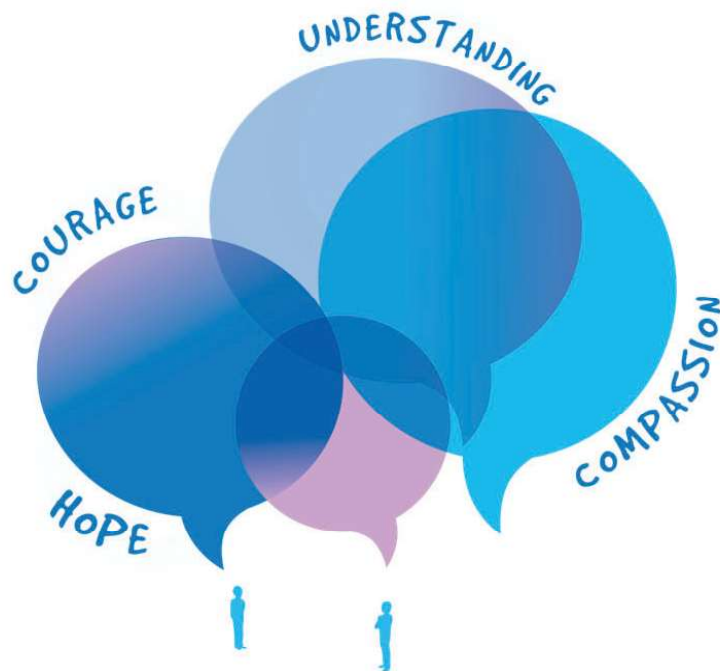
Values

Courage is our foundation. It takes courage to face the darkest days, to break the silence around suicide and to keep going.

Hope is the belief that even in the hardest moments, change is possible. When people struggle to see it for themselves, we help to keep that possibility alive.

Compassion guides how we speak and how we act. It ensures that every person is met with dignity, care and respect.

Understanding is at the heart of our approach. We listen deeply, value lived and living experience and recognise that every person's journey is unique.

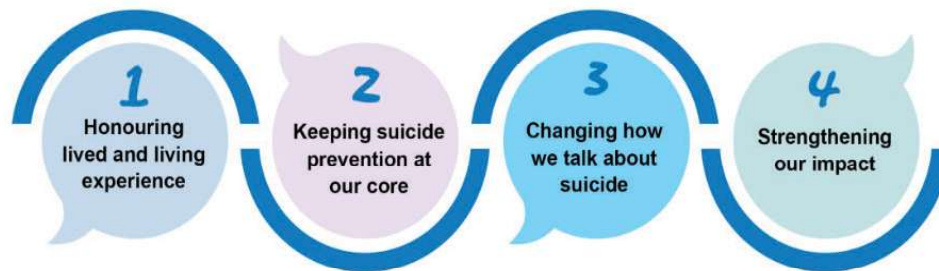


Our strategy is based on a simple but powerful belief that courageous conversations can and do prevent suicide. It sets out the priorities we will pursue across four strategic pillars designed to strengthen what matters most and concentrate our efforts where they will have the greatest impact. We will honour lived and living experience by ensuring that the voices of those most affected by suicide shape our decisions, programmes, and culture.

We will keep suicide prevention at the heart of everything we do, ensuring that every programme, collaboration and message contributes clearly and intentionally to that purpose. We will change how we talk about suicide by leading a more open, honest and compassionate conversation and helping more people feel seen, heard and supported. We will strengthen our impact by reinforcing the people, partnerships and systems that sustain our work so that we are equipped to deliver lasting and measurable change.

These priorities are reflected in **four strategic pillars**:

- Honouring lived and living experience
- Keeping Suicide Prevention at our core
- Changing how we talk about suicide
- Strengthening our impact



Together, these pillars will provide a clear and focused framework for action in suicide prevention from 2026-2030. We aim to complete the objectives, actions and implementation plan to support the strategy by Q1 2026 and then formally launched it by May 2026.

Strategic Refocus and Organisational Direction

2025 marked a significant milestone for the organisation, with the commencement of the co-creation of Suicide or Survives new strategic direction. This renewed focus began with the addition and onboarding of new Board members and CEO. This led to the establishment of a strategic planning co-creation process comprising of Board members, staff, external facilitators, programme participants, statutory and voluntary partners and supported by Mantra Strategy. At the core of this shift is a commitment to “**staying in our lane**”—reaffirming suicide prevention as the central purpose of our work.

Our Eden programme continues to play a critical role in achieving this mission, and we were successful in securing additional funding to restore Eden delivery to pre-2023 levels. Our Wellness Workshops and *Minding Me* programme are important entry points, supporting participants to engage with our core services.

Progress was also made towards enhancing the **long-term sustainability** of the organisation. Funding applications throughout 2025 incorporated key areas such as research and evaluation, expanded community outreach and promotion, and the development of a more robust digital infrastructure. Applications were closely aligned with our strategic priorities, with a particular focus on suicide prevention and the strengthening of both the Eden and Anchor programmes.

A greater emphasis was placed on **operational efficiency and resilience**. Cost-saving measures were actively explored, culminating in our relocation to the Carmichael Centre at 4-7 North Brunswick Street, Dublin 7, D07 RHA8. This change in office not only reduced overheads but also positioned us within a vibrant network of charities, creating increased opportunities for collaboration and shared learning.

Evaluating Impact

Understanding the lasting impact of our programmes remains a key priority for Suicide or Survive. In May 2025, our Eden Coordinator conducted a series of six in-depth, face-to-face interviews with former Eden participants to explore the long-term impact of their engagement with the programme.

Participants shared powerful insights into how Eden has influenced their lives over time,

highlighting sustained personal growth, improved wellbeing, and lasting changes in how they now manage their mental health.

Selected quotes from participants are included below to illustrate these experiences in their own words.

*“When it started the first few weeks wasn’t sure about a couple people. But as the weeks went on you realise that **you’ve a lot in common**...now we’re really good friends and we meet up after the group.”*

*“The depths of despair are not there anymore like there were. You know, ‘I’ve tried everything, there is no help’...**now I take responsibility for myself**. I don’t look for other people to lift my mood because **I know I have the skills**...**I know how to support myself until I am well enough**...practical things that I know will keep me well.”*

*“The concept I grasped on to was ‘**Do you know yourself?**’...I knew what hobbies I liked, I knew what I liked to do on a daily. But are you really in tune to what your body’s doing? And your head? And can you make them merge together? And I think that’s what Eden did for me. **It tunes you into your emotions**. Tunes you into what your body’s doing. Gives you clarity on why might it be doing this?...and when you know why you can probably put things to try to change it or at least help or **manage it a little bit better**.”*

This work reflects our ongoing commitment to both internal and external evaluation, ensuring that lived and living experience remains at the heart of our approach. The evaluation process also aligns with the recommendations outlined in the National Suicide Research Foundation (NSRF) Service Evaluation report.

National Suicide Research Foundation (NSRF) Service Evaluation Report

The National Office for Suicide Prevention (NOSP) commissioned the National Suicide Research Foundation (NSRF) to conduct a service evaluation of Suicide or Survive and our full suite of programmes. This included a cost-benefit analysis of the Eden Programme and eight main recommendations given. These recommendations were reviewed and an implementation plan put in place across 2025.

Respecting our Stakeholders

At Suicide or Survive we are committed to honoring all 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. We hope to support participants to be empowered in their wellness and in their recovery.
- **Partners:** Partnership and collaboration are central to everything we do. We believe that it is only by working together that we can achieve our aim of fewer people dying by suicide. We strive to create relationships with our partners based on transparency, open communication, and honesty. We co-create equitable agreements and pledge ourselves to acting with care and integrity.
- **Employees:** We invest in the wellbeing of our employees by creating a positive, supportive 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 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 collaborative and co-creation approach. We foster integration by bringing communities together to focus on suicide prevention, building and enhancing mental health resilience and wellbeing through our programmes. We emphasise the importance of empowering and supporting each other.
- **Programme Facilitators:** We ensure programme facilitators are supported in their roles through reflective practice and supervision and we work with programme facilitators to ensure fidelity and quality assurance in all our programmes

- **Volunteers:** Our Volunteer Policy and procedures ensure that volunteers with Suicide or Survive are supported, informed, valued, acknowledged and celebrated.

"I now have more resources at my disposal not only for myself but also to support people experiencing mental health difficulties."

Quote from Wellness Workshop Participant, 2025



Connecting for Life is the Ireland's National Suicide Reduction Strategy. 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. Suicide or Survives strategy and programmes are aligned with the National Strategy.

The strategic goals and objectives of *Connecting for Life* are:

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

More detail on the strategy can be found on the *Connecting for Life* website www.connectingforliveireland.ie

Suicide or Survive
DIRECTORS' ANNUAL REPORT
for the financial year ended 31 December 2025



Volunteers with our CEO, Catherine Brogan at an information stand and bucket collection in Blanchardstown Centre

Structure, Governance and Management



Structure

In early 2025, following a comprehensive strategic review, the Board made a strategic decision to invest in organisational capacity building. This included the recruitment of two key staff roles (CEO & Development & Partnerships Manager), co-creating a new organisational strategy, and allocating reserves to support these initiatives.

The organisation is governed by a voluntary Board of Directors, which provides oversight and support to the CEO. Up to June 2025, and alongside the Interim CEO, the staff team comprised a National Programme Coordinator, a Finance and Administration Officer, and a temporary part-time Fundraising and Events Coordinator.

Following a recruitment process in Q1 2025, Catherine Brogan was appointed as CEO and took up the role in June. Joan Wall, who had been serving as Interim CEO, returned to her original position as Operations, Governance and Compliance Manager, a role she held since 2023.

In August, the organisation commenced recruitment for a Development and Partnerships Manager, with the position successfully filled in October. In late 2025 we began a recruitment process for a part-time Clinical Manager.

Suicide or Survive is further supported by a panel of 14 contract external facilitators who contribute to programme delivery.



The Suicide or Survive 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 thankful to our small team who have remained steadfast and flexible and supported new team members while adapting to much change in the organisation.

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. The facilitators have consistently delivered Suicide or Survive's programmes to the highest standards throughout 2025, generously sharing their own lived & living 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 Suicide or Survive, to the office team, the board, and facilitators for your hard work and continued support.



Staff and facilitators at a Strategic Planning session



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 2025 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.



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)

Management

Decision Making Process

Decisions on the strategic direction of the organisation and its overall governance are made by the voluntary Board of Directors with the assistance of the CEO. There is a clear line of communication between the CEO and the Board with clarity on the role of each in the governance of the organisation outlined in our policy on reporting arrangements between the CEO and the Board. The CEO provides the Board with a comprehensive update on the achievement of the strategic plan and on financial and budgetary matters.

Board Member Recruitment, Induction and Development

Potential new members of the Board are identified by the Board and the CEO based on the needs of the organisation and the individuals' expertise, experience and passion for change in the area of suicide prevention and mental health promotion. Board members are inducted and onboarded in accordance with the organisation's induction policy and procedures, and all comply with Suicide or Survive's code of ethics for Board members. Governance training is ongoing for Board and staff members. Training is made available for Board members on an as need's basis, with all new Board members completing initial Board external training sessions within their first 3 months.

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, external 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 the Conflicts of Interest Policy which is available on our website.

Directors and Secretary

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

Name	Service period
Simon Daly	Served throughout 2025
Ruairi Mulrean	Served throughout 2025
Mark Skinner	Served throughout 2025
Lora Shercliff	Served throughout 2025
Tracey Carney	Resigned as Company Secretary 10 th June 2025
Kevin McPartlan	Resigned 1 st April, 2025 as Chairperson
Gerry Tynan	Resigned 2 nd December, 2025 as Treasurer
Fiona Killard-Lynch	Appointed 1 st April, 2025 as Chairperson
Nicki Ringwood	Appointed 10 th June, 2025 and served as Interim company secretary until 21st October
Benoy Ittyavirah	Appointed 21 st October, 2025
Karl Kelly	Appointed 21 st October, 2025 as Company Secretary and Treasurer
Sacha Jones	Appointed 2 nd December, 2025
Vanessa Burke	Appointed 2 nd December, 2025
Jennifer Taaffe	Appointed 24 th February, 2026
Antoinette Quinn	Appointed 31 st March, 2026
Patrick Wilkinson	Appointed 12th May, 2026

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

The secretary position was held by Tracey Carney, interim by Nicki Ringwood, with Karl Kelly appointed to the role in October 2025.

Reserves, going concern and risk management

The Directors are responsible for ensuring that the charity operates in a financially sustainable manner while continuing to deliver on its charitable objectives. This includes maintaining an appropriate level of reserves, assessing the organisation's ability to continue as a going concern, and identifying and managing the principal risks facing the charity.

Reserves Policy

The Directors have established a reserves policy to maintain unrestricted reserves at a level

sufficient to ensure the charity can continue its operations in the event of a temporary reduction in income and to provide working capital for ongoing activities.

The target level of reserves is set with reference to the charity's average core operating expenditure and the nature of its funding streams, particularly the reliance on grant income which may be subject to timing and approval uncertainties. The directors are also cognisant that some of the programmes offered by the charity are operated over periods of up to 6 months, and that the charity should also ensure that the available reserves should be sufficient to ensure that all committed programmes can be completed independent of funding sources.

The Directors have determined that an appropriate level of reserves is equivalent to approximately twelve months of operating expenditure, which is considered sufficient to enable an orderly adjustment to changes in funding and to ensure continuity of core activities.

At 31 December 2025, unrestricted reserves amounted to €309,858 (2024: €386,930), representing approximately seventeen months operating expenditure. The Directors consider this level of reserves to be in line with the desired range, given current funding visibility.

Going Concern

The financial statements have been prepared on a going concern basis. In assessing the appropriateness of this basis, the Directors have considered the charity's financial position, cash flow forecasts, and funding arrangements. At 31 December 2025, the charity had cash balances of €400,952 which includes deferred income of €79,797 relating to grant funding received in advance of programme delivery.

The Directors are satisfied that these resources, together with anticipated future funding, provide sufficient liquidity to meet the charity's obligations as they fall due. Based on this assessment, and having considered the level of reserves and the nature of the charity's funding, the Directors have a reasonable expectation that the charity will continue in operational existence for a period of at least twelve months from the date of approval of the financial statements. Accordingly, the financial statements have been prepared on the going concern basis.

Risk Management

The Directors acknowledge their responsibility for the management of risk within the charity and have established systems of internal control designed to provide reasonable assurance against material misstatement or loss.

A structured risk management process is in place, with risks reviewed regularly by the Board. The principal risks identified by the charity include:

- Funding risk, particularly reliance on government and grant funding streams which may fluctuate or be subject to timing delays;
- Operational risk, arising from the delivery of programmes across multiple locations and stakeholder groups;
- Reputational risk, associated with stakeholder engagement, partnerships and public visibility of the charity's activities.

The Directors mitigate these risks through a range of measures including:

- Active management and diversification of funding sources;
- Maintenance of financial reserves and oversight of cash flow;
- Established governance structures and review processes;
- Monitoring of programme delivery and compliance with funder requirements; and
- Ongoing review and strengthening of internal controls and policies.

The Directors are satisfied that appropriate systems are in place to manage the charity's exposure to risk and to support the continued development of the organisation.



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 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 Anchor Programme (formally Supporters) for those who are supporting someone in their lives who is struggling with their mental health. This includes a programme tailored for family members/ friends or in a work or professional capacity eg. through volunteering. In 2025 this programme was adapted to specifically focus on those supporting someone experiencing suicidality or past attempts.
- An 8 hour Minding Me Programme for the general public
- Online Wellness Workshops (2025 seeing a reviewed and updated version now available on our website)

All of our programmes have been manualised and are internally evaluated on an ongoing basis for quality assurance, to ensure programme fidelity is maintained and that the voice of the people who participate in the programmes is heard and central to refine and enhancing all programmes.

Evaluations

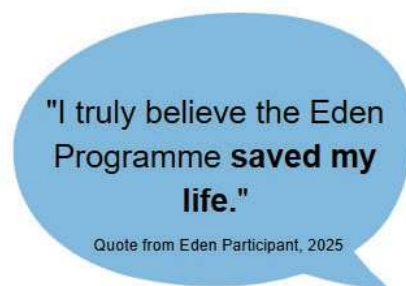
We commission external evaluations of our programmes on a periodic basis, with University College Cork (UCC) conducting a full evaluation of our online Eden programme.

In late 2024/ early 2025 funded by the National Office for Suicide Prevention, the National Suicide Research Foundation (NSRF) conducted a full service Report and Suicide or Survive have actioned all the recommendations.

Programmes

2025 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 we offered a model with the option of delivering both online and in person. 2025 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 2025.

The Eden Programme



Eden is Suicide or Survives flagship 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 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, 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.

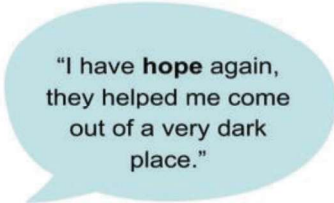
The Eden Programme forms one part of an individual's support system and encourages those who attend to work on building natural supports in their own communities. It focuses on empowering participants to develop and use a range of tools to monitor and manage their mental health on a day-to-day basis and more particularly in times of crisis.

The programme runs for 3 hours one morning or evening per week.

3 Eden Programmes ran in 2025 with a total of 42 people participating in the programmes in 2025

- One full Eden programme was delivered in person from February to July 2025
- An online programme which began in October 2024 and rolled into 2025
- A second online programme began in October 2025 and carried over to April 2026.

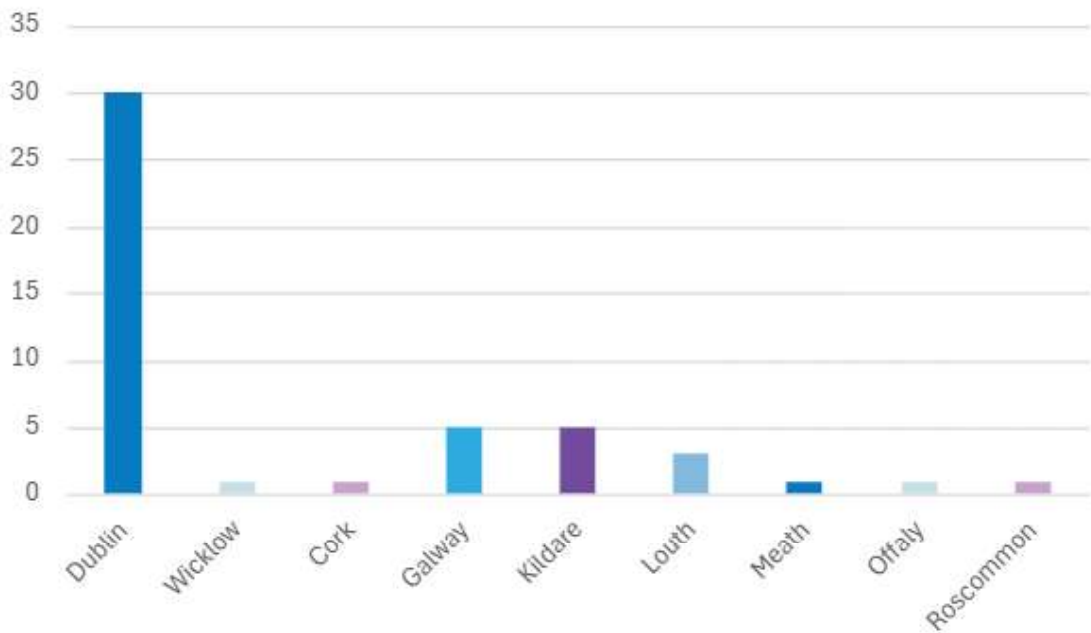
Suicide or Survive delivered the in-person programme in Dublin through funding received by NOSP and 2 online thanks to funding received from a private Trust.



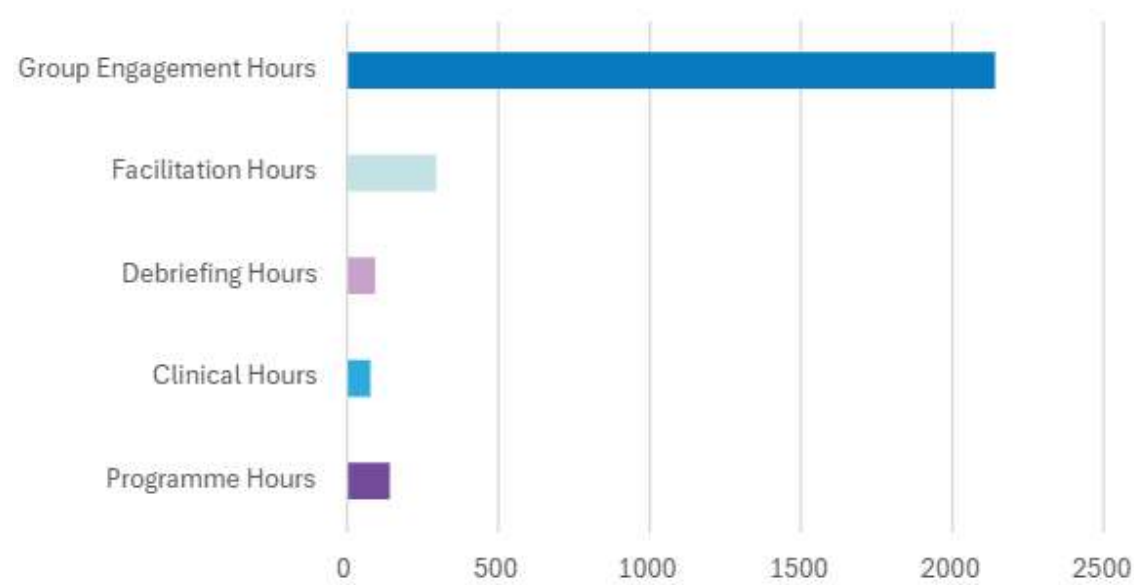
"I have **hope** again,
they helped me come
out of a very dark
place."



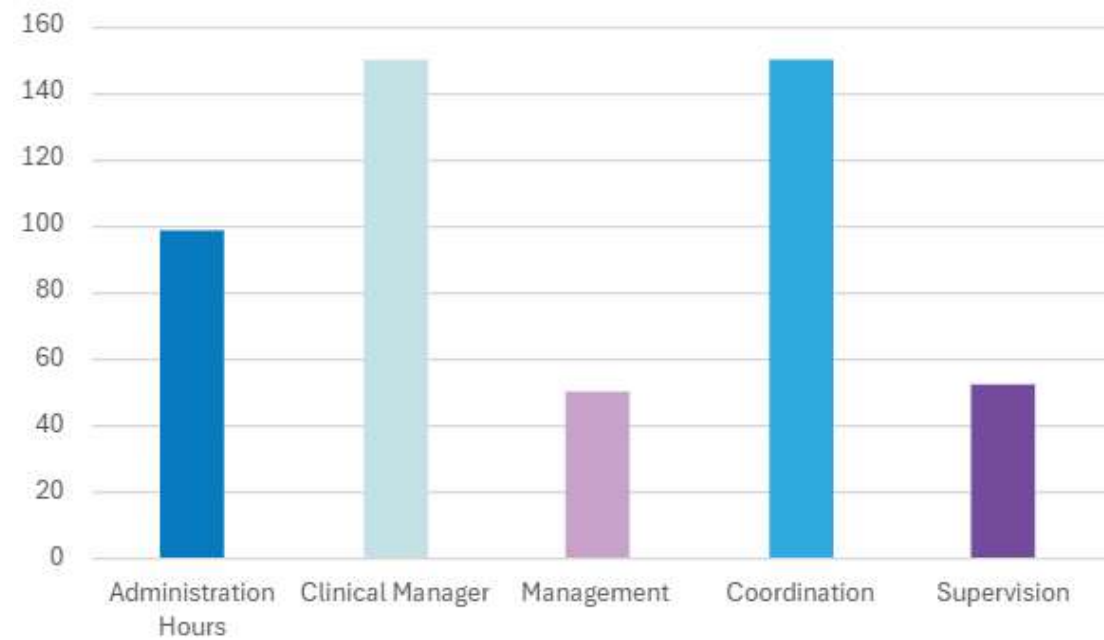
Geographical representation of Eden participants 2025
9 counties were represented in the 3 programmes in 2025



Eden hours breakdown 2025



Management, Administration and Coordination hours



Suicide or Survive

DIRECTORS' ANNUAL REPORT

for the financial year ended 31 December 2025

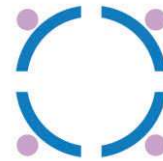
"First day coming in I thought 'Oh this is just another of those things...I'll give it a go. At least I can say I tried something else. But it was different and I knew that from the first day because first of all the word 'suicide' was used. Not frequently, but it was used openly in the group which was different to other therapies they would have avoided that word or subject; it's a bad thing; it's taboo. That's something you did, and we know it was wrong but we're gonna move on. Eden dealt with it. Actually, acknowledged we were all there because we had thought of suicide or made an attempt."

Quote from 2025 Eden participant interviews

The Eden programme was internally evaluated by programme participants every 4 weeks, and facilitators completed a weekly debrief. The external evaluation of the online programme by UCC commenced in July 2023 and was completed the end of December 2025, we expect to have the finalised evaluation report by Q1 2026.



Catherine Redmond (Programmes Manager) and Brd O'Meara (Eden Manager) providing an information session to staff Elizabeth Kavanagh and Thomas Glynn at the St John of God Centre For Living, Blackrock, Co. Dublin



The Wellness Workshop

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 facilitated in partnership with local organisations to groups of between 30 to 40 participants per workshop nationwide.

"Attending the Wellness Workshop was an absolutely wonderful experience. The facilitators created such a safe and supportive space, allowing us to openly share, listen to vulnerable stories, and truly connect with one another. The balance between theory and practice was spot on—we not only learned valuable insights but also had plenty of opportunities to engage, ask questions, and actively participate. I came in hoping to gain more tools to take care of my mental health and support others, and I left feeling empowered, inspired, and incredibly grateful. The workshop exceeded my expectations in every way."

Quote from Wellness Workshop Participant, 2025

A total of **24** Wellness Workshops were delivered in 2025 to **888** 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, Louth, Mayo, Waterford, Offaly, Galway, Roscommon Wexford, Wicklow, Laois and Sligo in partnership with Resource Officers for Suicide Prevention, Social Prescribing services, Family Resource Centres, and local community groups.

Our Wellness Workshop workbook provided can be used as a long-term resources for participants after the programme has ended.

Use of our online Wellness Workshops continued to be strong throughout 2025 with 1307 people availing of www.wellnessworkshop.ie and **414** using the www.youmatter.ie workshop. We created new online resources based on existing programme materials in 2025 and these can be found at the above websites.



"The speakers were engaging; they seem to really care about what they do and are genuinely there to help the people present. They shared relatable stories and gave us tools to help ourselves which I found very beneficial."

Quote from Wellness Workshop Participant 2025



The Minding Me Programme

“Absolutely amazing. I feel very well and hopeful going forward. I'm excited to put into practice my new skill set and wellness tools!”

Quote from Minding Me Programme Participant,
2025

Minding Me is an 8-hour programme provides 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 identify a range of resources and support to use as part of an individual's wellness plan.

In 2025 we delivered **7** Minding Me programmes to **86** people and to people from the community, workers in the Cork Simon Community and Kells Family Resource Centre and to Eden programme participants.



Room set up for a Minding Me programme in Inchicore



Anchor (Formally Supporters) Programme

"The programme gave me concrete and practical advice for how to support my loved one at a time when I felt completely helpless. [The facilitators] created a safe space to share my own experiences and feelings and listen to the experiences of others. This helped me to feel much less alone. I cannot recommend this program enough. It gave me a boost, and a path forward at a time when I really needed it."

Quote from Anchor Programme participant,
2025

The Anchor Programme was coproduced 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.

Anchor can be delivered online or in person over one full day across 2 or 3 days, making it more accessible for those with time and geographical constraints or carer commitments. In 2025, **17** Anchor Programmes were delivered with **225** participants completing the programme.

January 2025 saw the beginning of the organisation moving back to its routes, with suicide prevention at the core. Anchor was adapted to provide a programme that is specifically for those supporting someone experiencing suicidality. **2** pilot programmes were delivered in 2025 to **20** people, Ruhama and Turas Le Cheile where the focus was very much on suicide and suicide prevention. We worked with 20 people from staff teams Ruhama and Turas Le Cheile.

"Great learning & support offered around one of the most difficult topics to discuss. Really incredible resource."

Quote from Anchor Programme Participant, 2025

Anchor for those supporting others in a work or volunteering capacity

The Anchor Programme has consistently attracted people who are supporting others through their work or volunteering activities.

In 2025, **9** Anchor Programmes for Professionals and Volunteers were held with teams in the United Nations Migration Agency (IOM), Cork Simon, Irish Prison Service, workers and volunteers in Age Friendly, University Limerick Social Care students, project workers in Cairde Roma Pathways to Being Well, and Addiction Recovery Coaches in Sankalpa Addiction Service. We also delivered **2** open programmes for individual staff members and volunteers. **129** people attended the programme.

"Just a quick note to say how much I appreciated the opportunity to attend the above programme. [The facilitators] were both absolutely amazing, engaging and warm and made each session not only valuable but genuinely enjoyable. I gained so much from the experience and would highly recommend it to anyone."

Quote from Anchor Programme Participant, 2025

Anchor for those supporting a loved one

In addition to the programmes for organisations and staff teams, Suicide or Survive facilitated **6** open Anchor programmes to **76** people in the community who are supporting a loved one on a personal basis.

Suicide or Survive
DIRECTORS' ANNUAL REPORT
for the financial year ended 31 December 2025

"I would recommend this programme to anyone who is in a supporting role. The facilitators are very warm and encouraging and the programme offers practical guidelines and thought-provoking conversation about how we can care for ourselves when caring for others."

Quote from Anchor Programme Participant, 2025

Feedback from facilitator's perspective from an Anchor programme in October 2025;

"It was great. The group were fully engaged in the entire morning. Some great examples of how they have changed their concepts of Self Compassion from a cultural point of view. We are both working in SOS for a few years now and love the supporters programme and we always work within the values of SOS"

Quote from Anchor Programme Facilitator, 2025

"It was simply excellent. It provided me with tools I didn't know I needed."

Quote from Anchor
Programme Participant,
2025

Corporate Wellness Programmes

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 2025. Some organisations opted to continue with online delivery to fit in with their new hybrid working arrangements. In 2025 we delivered **2** Anchor programmes, a Minding Me programme and **4** Employee Workshops to **195** people in different organisations across the country.

Suicide or Survive
DIRECTORS' ANNUAL REPORT
for the financial year ended 31 December 2025



Fundraising and Supporters

Suicide or Survive receives funding from a variety of sources including the HSE, National Office for Suicide Prevention, Ireland Heart Fund, private Trust, and the many, many people who donate and 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 Suicide or Survive. We are truly grateful for the continued support of all of those who support us to do the work we do.



Team Suicide or Survive at the Dublin Women's Mini Marathon in June 2025.

Partnerships and Collaboration

Throughout 2025 Suicide or Survive engaged in a range of activities to raise the profile of the organisation and awareness of our programmes. The Programmes Manager formed new partnerships and continued to reinforce existing partnerships with organisations throughout the country.

Programmes happen because of collaboration and partnership and we were delighted to work with the following groups in 2025;

- Addiction Recovery College Coaches
- Age Friendly Ireland
- Ballyfermot Mental Health Team
- Ballymun Men's Group
- Cork Simon
- Dublin South City Partnership
- Dun Laoghaire Training Centre for early school leavers
- D2 Community
- Eve Clubhouses and Hubs
- Ferns Youth Diocese Service
- Farm Well Hub
- Footsteps Project for Unemployed people
- Finglas Drug & Alcohol Task Force
- Family Resource Centres nationwide
- Inchicore Primary Care Team
- Intersport Elverys
- International Organisation for Migration (IOM) Ireland
- Irish Creamery Milk Suppliers
- Galway City Partnership BRIDGE Project
- International Protection Accommodation Service Centre, Tramore
- Nursing Students
- Prisons (Pre-Release, Dochas, Men's Prison)
- Parentline
- Prison Teaching Staff
- Ruhama
- Resource Officers for Suicide Prevention (ROSPs)
- Rialto Active Age Group
- Social Prescribers
- St John of God's Mental Health Team
- Turas Le Cheile
- Traveller Heritage Project
- University Limerick College Social Care Students

Suicide or Survive
DIRECTORS' ANNUAL REPORT
for the financial year ended 31 December 2025



Facilitator Brian Kelly with a group of Nursing students

"On behalf of the Rialto Positive Ageing planning group I would like to extend our heartfelt thanks to Suicide or Survive for the excellent Wellness Workshop on 3rd October.

The workshop was informative, engaging and empowering. The feedback we received from attendees was overwhelmingly positive—they especially appreciated the warmth, practical advice, and depth of knowledge and experience the facilitators Bev and Eileen brought to the session. We very much appreciate the time and effort that is invested in preparing and delivering sensitive information around mental health in such an accessible way.

The contribution of your organisation helped to make the event a real success and truly reflected the spirit of positive ageing that we aimed to celebrate and promote.

Thank you once again for being part of this important initiative. We hope the facilitators enjoyed the experience as much as we valued their participation, and we would be delighted to work with you again in the future."

Quote from Wellness Workshop Partner, 2025

Úna Rafferty
On behalf of the Rialto Positive Ageing Planning Group

Suicide or Survive
DIRECTORS' ANNUAL REPORT
for the financial year ended 31 December 2025

Mental Health Matters poster campaign



Right Catherine Redmond, Programmes Manager (centre) with Suicide or Survive at the launch of the **Mental Health Matters National Poster Campaign, September 2025.**

Left Suicide or Survive were proud to be part of the judging panel for this initiative with Joan Wall pictured with the other judging panelists in June 2025

Throughout 2025, Suicide or Survive was proud to contribute to important conversations and partnerships shaping suicide prevention and mental health policy in Ireland and across Europe. Through these roles, our CEO helped bring lived and living experience to the heart of collaboration, co-creation and system change through membership, leading and contributing to the following groups:

Chair National Implementation and Monitoring Committee, Sharing the Vision, Irelands National Mental Health Policy (2020- 2030)

The National Implementation and Monitoring Committee (NIMC) is collectively responsible for driving and overseeing the long-term implementation of the national mental health policy [Sharing the Vision: A Mental Health Policy for Everyone.](#) The NIMC is supported by a Reference Group of people with lived and living experience, their family members and supporters (14 people), and associated Specialist Groups.

Traveller Specialist Group Member (Sharing the Vision)

This group was established by the NIMC to tackle persistently poor mental health outcomes and high suicide rates within the Traveller community. The groups remit is to identify gaps in current mental health services and develop a culturally appropriate, co-produced *Traveller Mental Health Action Plan* to ensure equity and inclusion in care. This is to be completed by Dec 2026.

Senior Policy Advisor on Co-creation with Mental Health Europe

This is a strategic leadership role. As an advisor Catherine Brogan supports and guide MHE's

Secretariat and network to ensure that people with lived and living experience of mental health issues are equal partners in shaping European mental health laws, human rights frameworks, and community-based care systems working. Her specific expertise is in ensuring the organisation works in co-creation to achieve its goals.

Chair Cocreation Taskforce Mental Health Europe

This is a collaborative group composed of experts by experience, advocates, and health/social care professionals that guide MHE's co-creation methodology. The Task Force has developed key resources like the [Co-creation Toolkit](#) to ensure all mental health actors work together on an equal basis.

Policy & Advocacy Working Group – Mental Health Reform

The Policy and Advocacy group work with Mental Health Reform Team to help shape legislative reform and governmental policy. Some of the keys areas include – Mental Health Act 2026, Addressing mental health service gaps, Oversight and advocating for change in practices, Policy submissions.

Chair Traveller Co-production Group

The Traveller Community in Ireland are over 6 times more likely to take their own lives. Suicide or Survive with representatives from the Traveller Community Organisations and the National Suicide Research Foundation, established this coproduction group to review to scope out a Bridging Programme to improve accessibility for the Traveller Community to the Eden Programme. The outcome will be an Eden Programme that is culturally appropriate for the Traveller Community.

WHO, Road Map on transforming mental health systems through the integration of lived and living experience into mental health systems and policy

As the Operational Lead with this project and through a coproduction process the final Road Map was launched in June 2025 and following this we have begun to work on the implementation of the 6 action areas of the report. This is being rolled out with 9 Countries and the process will complete in October 2026.

Dublin and Midlands Regional Forum – Mental Health Reform Representative

The Regional Voluntary Forum will provide a regular platform for dialogue within the Health Regions between the HSE and voluntary providers of health and social care services and will have an overarching mandate to embed partnership working for the benefit of patients and service users. This forum will foster collaborative relationships to ensure a holistic approach to service coordination, integration and delivery.

National Suicide Research Foundation Advisory Group

Represent and actively contribute to the NSRF Advisory Group in relation to the scoping out and oversight of research on suicide and suicide prevention.

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.

Planning for the Future

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

These priorities are reflected in **four strategic pillars**:

- Honouring lived and living experience,
- Keeping suicide prevention at our core,
- Changing how we talk about suicide,
- Strengthening our impact.

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 7, D07 RHA8

Approved by the Board of Directors on 7 July 2026 and signed on its behalf by:

Karl Kelly

Karl Kelly (Jul 15, 2026 11:45:06 GMT+1)

Karl Kelly Director

Fiona Killard-Lynch

Fiona Killard-Lynch (Jul 15, 2026 13:39:29 GMT+1)

Fiona Killard-Lynch Director

DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2025

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.

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

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

In so far as the directors are aware:

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

DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2025

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 7 July 2026 and signed on its behalf by:

Karl Kelly

Karl Kelly (Jul 15, 2026 11:45:06 GMT+1)

Karl Kelly Director

Fiona Killard-Lynch

Fiona Killard-Lynch (Jul 15, 2026 13:39:29 GMT+1)

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 2025 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 2025 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.

INDEPENDENT AUDITOR'S REPORT

To the Members of Suicide or Survive

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 41, 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.

INDEPENDENT AUDITOR'S REPORT

To the Members of Suicide or Survive

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

Auditor's responsibilities for the audit of the financial statements

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

Further information regarding the scope of our responsibilities as auditor

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

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

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant

INDEPENDENT AUDITOR'S REPORT

To the Members of Suicide or Survive

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

8th July 2026

.....

Suicide or Survive

STATEMENT OF FINANCIAL ACTIVITIES

(Incorporating an Income and Expenditure Account)

for the financial year ended 31 December 2025

	Notes	Unrestricted Funds 2025 €	Restricted Funds 2025 €	Total Funds 2025 €	Unrestricted Funds 2024 €	Restricted Funds 2024 €	Total Funds 2024 €
Incoming Resources							
Voluntary Income	4.1	14,581	-	14,581	13,583	-	13,583
Charitable activities							
Grants and other income generating activities	4.2	110,453	319,792	430,245	81,719	371,536	453,255
Total incoming resources		125,034	319,792	444,826	95,302	371,536	466,838
Resources Expended							
Raising funds	5.1	24,786	-	24,786	14,545	-	14,545
Charitable activities	5.2	177,320	319,792	497,112	144,547	375,927	520,474
Total Resources Expended		202,106	319,792	521,898	159,092	375,927	535,019
Net incoming/outgoing resources before transfers		(77,072)	-	(77,072)	(63,790)	(4,391)	(68,181)
Gross transfers between funds		-	-	-	(4,391)	4,391	-
Net movement in funds for the financial year		(77,072)	-	(77,072)	(68,181)	-	(68,181)
Reconciliation of funds:							
Total funds beginning of the year		386,930	-	386,930	455,111	-	455,111
Total funds at the end of the year		309,858	-	309,858	386,930	-	386,930

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 7 July 2026 and signed on its behalf by:

Karl Kelly
Karl Kelly (Jul 15, 2026 11:45:06 GMT+1)
Karl Kelly
Director

Fiona Killard-Lynch
Fiona Killard-Lynch (Jul 15, 2026 13:39:29 GMT+1)
Fiona Killard-Lynch
Director

Suicide or Survive BALANCE SHEET

as at 31 December 2025

	Notes	2025 €	2024 €
Fixed Assets			
Tangible assets	10	190	1,189
Current Assets			
Debtors	11	3,504	7,728
Cash at bank and in hand	12	400,952	435,761
		404,456	443,489
Creditors: Amounts falling due within one year	13	(94,788)	(57,748)
Net Current Assets		309,668	385,741
Total Assets less Current Liabilities		309,858	386,930
Funds			
General fund (unrestricted)		309,858	386,930
Total funds		309,858	386,930

Approved by the Board of Directors on 7 July 2026 and signed on its behalf by:

Karl Kelly
Karl Kelly (Jul 15, 2026 11:45:06 GMT+1)
Karl Kelly
Director

Fiona Killard-Lynch
Fiona Killard-Lynch (Jul 15, 2026 13:39:29 GMT+1)
Fiona Killard-Lynch
Director

Suicide or Survive
STATEMENT OF CASH FLOWS
for the financial year ended 31 December 2025

	Notes	2025 €	2024 €
Cash flows from operating activities			
Net movement in funds		(77,072)	(68,181)
Adjustments for:			
Depreciation		999	999
		<u>(76,073)</u>	<u>(67,182)</u>
Movements in working capital:			
Movement in debtors		4,224	18,086
Movement in creditors		37,040	(48,505)
		<u>(34,809)</u>	<u>(97,601)</u>
Cash used in operations			
		<u>(34,809)</u>	<u>(97,601)</u>
Net decrease in cash and cash equivalents		(34,809)	(97,601)
Cash and cash equivalents at the beginning of the year		435,761	533,362
Cash and cash equivalents at the end of the year	12	400,952	435,761

Suicide or Survive

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2025

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 7, 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 2025 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:

Restricted funds

Restricted funds represent income received which is subject to specific conditions imposed by donors or funding bodies as to how it may be applied. Such funds are recognised as income in the Statement of Financial Activities when the conditions attached to the funding have been met, typically when the related expenditure has been incurred.

Where restricted income is received in advance of the related expenditure, it is recorded as deferred income within creditors. Where income is recognised before receipt, it is included within debtors.

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 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

Suicide or Survive

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2025

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.

Support costs are allocated to charitable activities on a basis that reflects the use of resources, which is primarily based on staff time and estimated usage of central services. Where costs cannot be directly attributed, they are apportioned on a reasonable and consistent basis.

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. GOING CONCERN

The financial statements have been prepared on the going concern basis which assumes that the

Suicide or Survive

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2025

organisation will continue in operational existence for the foreseeable future.

In assessing the appropriateness of the going concern basis, the trustees have considered the organisation's financial position, cash flow forecasts, and the level of reserves available. The organisation had cash balances of €400,952 at 31 December 2025 and continues to receive funding from a variety of sources including government grants and fundraising activities.

While the trustees recognise that the organisation operates in an environment where funding streams are uncertain, they are satisfied that adequate resources are in place to enable the organisation to continue in operational existence for at least twelve months from the date of approval of these financial statements.

Accordingly, the trustees consider it appropriate to adopt the going concern basis in preparing the financial statements.

4.	INCOME					
4.1	DONATIONS AND LEGACIES		Unrestricted Funds €	Restricted Funds €	2025 €	2024 €
	Donations		14,581	-	14,581	13,583
4.2	CHARITABLE ACTIVITIES		Unrestricted Funds €	Restricted Funds €	2025 €	2024 €
	Grants from governments and other co-funders:					
	Fundraising		82,385	-	82,385	71,024
	Income from Programs and Workshops		28,068	-	28,068	10,695
	Grants Receivable for Core Activities		-	319,792	319,792	371,536
			110,453	319,792	430,245	453,255
5.	EXPENDITURE					
5.1	RAISING FUNDS	Direct Costs €	Other Costs €	Support Costs €	2025 €	2024 €
	Fundraising	24,786	-	-	24,786	14,545
5.2	CHARITABLE ACTIVITIES	Direct Costs €	Other Costs €	Support Costs €	2025 €	2024 €
	Delivery of Services	210,449	-	-	210,449	249,912
	General Operations	13,227	-	269,111	282,338	266,237
	Governance Costs (Note 5.3)	-	-	4,325	4,325	4,325
		223,676	-	273,436	497,112	520,474
5.3	GOVERNANCE COSTS	Direct Costs €	Other Costs €	Support Costs €	2025 €	2024 €
	Charitable activities - governance costs	-	-	4,325	4,325	4,325

Suicide or Survive

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2025

5.4	SUPPORT COSTS	Charitable Activities €	Governance Costs €	2025 €	2024 €
	Audit fees	-	4,325	4,325	4,325
	Office running costs	22,459	-	22,459	26,929
	Legal and other professional fees	17,578	-	17,578	-
	Property costs	11,821	-	11,821	21,142
	Staff and related costs	217,253	-	217,253	180,864
		<u>269,111</u>	<u>4,325</u>	<u>273,436</u>	<u>233,260</u>

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

6.	ANALYSIS OF SUPPORT COSTS	2025 €	2024 €
	Audit fees	4,325	4,325
	Office running costs	22,459	26,929
	Legal and other professional fees	17,578	-
	Property costs	11,821	21,142
	Staff and related costs	217,253	180,864
		<u>273,436</u>	<u>233,260</u>

7.	NET INCOMING RESOURCES	2025 €	2024 €
	Net Incoming Resources are stated after charging/(crediting):		
	Depreciation of tangible assets	999	999
	Auditor's remuneration: - audit services	4,325	4,325
		<u>4,325</u>	<u>4,325</u>

8. EMPLOYEES AND REMUNERATION

Number of employees

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

	2025 Number	2024 Number
Chief Executive	1	1
Program Co-ordinator	1	1
Support Staff	2	2
	<u>4</u>	<u>4</u>
	<u>4</u>	<u>4</u>
The staff costs comprise:	2025 €	2024 €
Wages and salaries	196,805	189,578
Social security costs	21,701	19,797
Pension costs	3,287	2,133
	<u>221,793</u>	<u>211,508</u>

Suicide or Survive

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2025

9. EMPLOYEE BENEFITS

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

10. TANGIBLE FIXED ASSETS

	Fixtures, fittings and equipment €
Cost	
At 31 December 2025	22,339
Depreciation	
At 1 January 2025	21,150
Charge for the financial year	999
At 31 December 2025	22,149
Net book value	
At 31 December 2025	190
At 31 December 2024	1,189

10.1 TANGIBLE FIXED ASSETS PRIOR FINANCIAL YEAR

	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

11. DEBTORS

	2025 €	2024 €
Prepayments and accrued income	3,504	7,728

12. CASH AND CASH EQUIVALENTS

	2025 €	2024 €
Cash and bank balances	400,952	435,761

Suicide or Survive

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2025

13. CREDITORS	2025	2024
Amounts falling due within one year	€	€
Trade creditors	3,602	5,251
Taxation and social security costs (Note 14)	7,935	5,545
Other creditors	1,192	1,455
Accruals	5,262	4,325
Deferred Income	76,797	41,172
	<u>94,788</u>	<u>57,748</u>
14. TAXATION AND SOCIAL SECURITY	2025	2024
	€	€
Creditors:		
PAYE / PRSI	7,935	5,545
	<u>7,935</u>	<u>5,545</u>

15. DEFERRED INCOME

Deferred income represents grant funding received in advance where the related performance conditions or time-based conditions have not yet been satisfied at the reporting date.

The movement in deferred income during the financial year was as follows:

	2025	2024
	€	€
Opening deferred income balance	41,172	91,590
Income received during the year	355,417	327,119
Income recognised in the year	(319,792)	(375,927)
	<u>76,797</u>	<u>42,782</u>

Deferred income primarily relates to funding received from government agencies and other co-funders in advance of programme delivery.

16. 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 2025
Funds Carried forward from previous period	€25,254
Received in the financial year	€281,346
Recognised as Income in the financial year	€278,470
Fund deferred at financial year end	€28,130

Suicide or Survive

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2025

17. RESERVES

	2025 €	2024 €
At the beginning of the year	386,930	455,111
Deficit for the financial year	(77,072)	(68,181)
At the end of the year	<u>309,858</u>	<u>386,930</u>

18. 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.

19. RELATED PARTY TRANSACTIONS

here were no related party transactions requiring disclosure under FRS 102 during the financial year (2024: none).

All trustees serve in a voluntary capacity and did not receive any remuneration or benefits from the organisation during the year.

20. POST-BALANCE SHEET EVENTS

There were no material events after the Balance Sheet date

21. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Board of Directors on7 July 2026.....