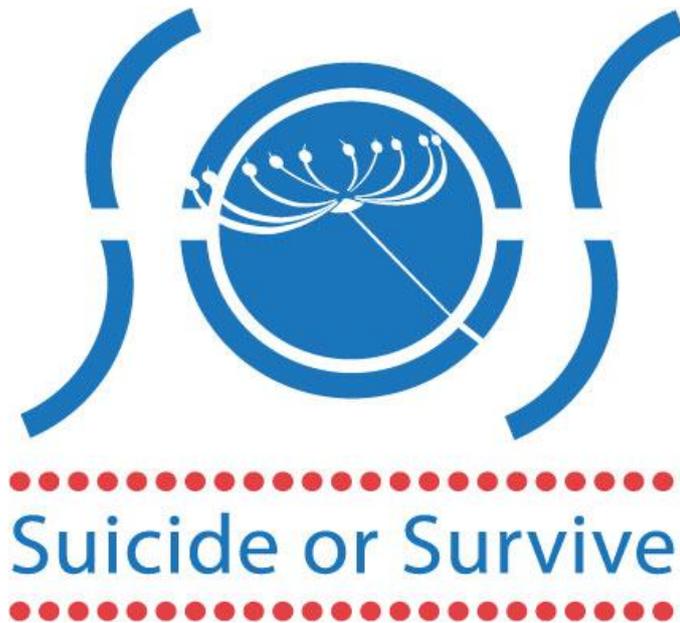


Suicide Or Survive Limited
(A company limited by guarantee, not having a share capital)
Directors' Report and Financial Statements
for the year ended 31 December 2014



Suicide Or Survive Limited

(A company limited by guarantee, not having a share capital)

INTRODUCTION BY CEO

2014 has been a year of massive development for Suicide or Survive thanks to the generosity of our wonderful donors, grant providers and fundraisers all of whom believe in the work of SOS and the nationwide impact our programmes are having.

Collaboration continues to be the key to change and Suicide or Survive worked in partnership with an array of organisations throughout the Country. Suicide or Survive continued to work with the National Office of Suicide Prevention, the Irish College of G.P.s, Wheatfield Prison, Mental Health Reform, See Change, Global Village and many more, and will continue to do so. We brought our voice to the National Communications Advisory Group and inputted to the development of a nationwide website.

The Eden Programme continued to be delivered and strong partnerships with Galway and Mayo commenced and the next step of the roll out of the Eden Programme began. DCU report on the Eden Programme highlighted participants experience of the programme and the valuable impact it is having on their lives.

Wellness Workshop delivery increased in 2014 due to the demand and positive feedback and the start of our pilot workshops to age 15-18 took place. Our Trinity evaluation highlighted the positive impact the workshops are having throughout the country.

Our online workshop was launched and can now be accessed both nationally and internationally.

Our mentoring commenced with 7 prisoners in Wheatfield Place of Detention to equip the men to mentor other prisoners in implementing their learning from the Wellness Workshop and WRAP (Wellness Recovery Action Plan).

Our strategic plan with WRAP commenced with the training of 12 individuals in WRAP implementation. We continued to facilitate WRAP in communities and Wheatfield Place of Detention.

Review and updated of our Governance and continued training with our Board and Staff.

All of this work is possible because of so many individuals and agencies who like ourselves see the bigger picture of change and wellness and have invested in the long term work of Suicide or Survive. This could not be possible without the wonderful support, belief and kindness of the Iris O'Brien Foundation, the National Office of Suicide Prevention, our Donors and fantastic fundraisers. Together we are challenging mental health and suicide prevention. We believe as a nation we are resilient people and the necessity and benefit of investing in our mental health.

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ABOUT US

Suicide or Survive (SOS) is an Irish charity focussed on breaking down the stigma associated with mental health issues and ensuring that those affected have access to quality recovery services that are right for them. We are working to build a society where people embrace their mental health wellness and those with difficulties are treated with dignity and respect, and experience a service that offers them hope, a safe place and a positive future. SOS is leading the way through active collaboration which we believe will drive positive social change.

We operate within a context and environment in Ireland where the voices of mental health service users have only recently been recognised as valid. It is only within the last few years that service users have been afforded their legitimate place at the table where policies are formed and services are designed. Their voices are vital to the emerging knowledge about mental health, suicide and what can work to prevent it.

It is only when there is shared responsibility between individuals and communities that a real recovery orientation in our society will be achieved. Individuals must take responsibility for their own recovery but this must be matched with social responsibility which will be evidenced by communities and public organisations taking responsibility for breaking down stigma, promoting mental health and supporting recovery. This approach is at the forefront of everything we do in Suicide or Survive where we adopt a human rights approach in our service design and delivery and in our partnerships with individuals and organisations.

Mission

SOS endeavours to challenge the stigma attached to mental illness and provide a range of educational and therapeutic programmes that increase understanding of suicide and play an active role in its prevention in Ireland.

Vision

A society where every person understands their own mental health, where stigma has been replaced by a deep respect for the mental health of others, and where a person who is depressed or suicidal can get the in-depth support they need to cope and make the choice to live.

Values

Behind every statistic on suicide and self-harm, there is a person. Based on this fundamental principle, everything we do is based on: Genuineness, Understanding, Respect, and Acceptance.

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ACHIEVEMENTS IN 2014

Suicide or Survive had a busy year in 2014 both in terms of service development and delivery and in terms of ensuring compliance with the Governance Code for Community, Voluntary and Charitable Organisations in Ireland and the Statement of Commitment to Fundraising Principals.

In 2014 Suicide or Survive continued to take huge strides to achieving our objectives, including

- We actively campaigned and lobbied for change in relation to mental health services through a variety of media and forums
- We brought the voice of the service user to the National Communications Advisory Group by inputting into the development of a one-stop-shop website for individuals, families and communities impacted by mental health issues through sitting on the strategic group and forming part of the editorial board for the website
- We strengthened our links with the National Office for Suicide Prevention by sitting on their high level strategic planning committees to input into the development of their new strategy document
- We continued our participation as active members of Mental Health Reform, an organisation that promotes improved and prioritised mental health services in Ireland
- We ran a very successful 'High Tea and Talk' initiative encouraging people to talk about mental health with an outside broadcast by Pat Kenny sponsored by Rabo Direct and 26 events run by individuals and organisations nationwide
- We challenged stigma through the CEO's fortnightly slot co-presenting on mental health on Newstalk's Global Village radio programme and our sponsorship of the weekly mental health slot on that programme which enables SOS to direct content
- We developed a new base for the Eden Programme in Darndale - completed one programme in Tallaght, started a second programme there and commenced our first Eden Programme in Darndale.
- We expanded our Eden Programme team with 1 new facilitator
- We received and disseminated the DCU report on their evaluation of the Eden Programme and its journey from its inception to 2014 which endorses the programme. Findings 'indicate clearly that the Eden programme: significantly reduces suicide ideation, suicide risk and subjective levels of distress; does not cause deterioration; and is highly endorsed and valued by individuals who have participated in it'.
- We developed strong partnerships with organisations in Galway and Mayo who secured funding through the NOSP to run the Eden programme under license to SOS in 2015.
- We developed and commenced the implementation of a pathway whereby an Eden Programme graduate is working towards becoming an Assistant Facilitator on the programme. This pathway involves extensive mentoring, training and personal skills development.
- We promoted mental wellness through its Wellness Workshop – 33 workshops attended by 1,044 people were run nationwide in 2014. The partnership with Wheatfield Prison went from strength to strength in 2014 and SOS continued delivering its Wellness Workshops to prisoners there and ran its first Workshop for prison staff.
- We ran two pilots of the Wellness Workshop with young people aged 15 - 18
- We Developed and launched an online version of Wellness Workshop and Workbook to ensure that the learning from the Workshop can be accessed by as wide a population as is possible both nationally and internationally. This initiative also supports those who have attended the Workshop in putting their learning into practice on an ongoing basis
- We expanded our Wellness Workshop team with 2 new Facilitators who completed an apprenticeship in 2014

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- We received a report from Trinity College on its evaluation of the impact of the Workshop and Workbook and disseminated this widely. This evaluation found that 75% of participants from the general population reported that attending the Wellness Workshop improved or greatly improved their wellbeing and this improvement persisted over time. The evaluation found that almost 79% of prisoners reported that the Wellness Workshop improved or greatly improved their wellbeing one week following the workshop and this improvement persisted over time rising to just over 90% three months after the workshop
- We developed and commenced a pathway whereby 7 prisoners in Wheatfield Place of Detention are training to become mentors to other prisoners in implementing their learning from the Wellness Workshop and WRAP.
- We partnered with See Change in the development and delivery of its Workplace Mental Health training to organisations nationwide. We also continued to work as a partner alongside See Change and IBEC in an Equality Authority funded project to develop best practice methodologies and materials for workplace mental health
- We developed a strategic partnership with WRAP International to develop quality standards for the delivery of WRAP programmes.
- We trained a panel of 12 individuals from a variety of backgrounds and organisations as WRAP facilitators
- We delivered 2 WRAP programmes alongside the Eden Programme, 5 in the community and 2 in Wheatfield place of detention
- We ran 1 WRAP programme for young people aged 13 - 16
- We reviewed and updated our governance documents, policies and procedures, trained staff and board members in governance related issues and signed up to the Governance Code for Community, Voluntary and Charitable Organisations in Ireland
- We signed up to the Statement of Guiding Principles for Fundraising
- We worked collaboratively with a broad range of organisations and individuals from the statutory and voluntary sectors nationwide

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DIRECTORS' AND OTHER INFORMATION

Directors	John Pender Alan McLean (Resigned 29 January 2014) Helen Allen Olivia Hunt Natalie Hodgess Joseph Walsh (Appointed 29 January 2014) Stephanie McDermott (Appointed 26 March 2014)
Company Secretary	Helen Allen
Company Number	397632
Registered Office	120 Shanganagh Cliffs, Shankill, Co. Dublin
Business Address	Stonebridge House Stonebridge Close Shankill Co Dublin
Auditors	Hughes Blake Chartered Accountants and Registered Auditors Joyce House 22/23 Holles Street Dublin 2
Bankers	AIB Bank Dun Laoghaire Co. Dublin

Suicide Or Survive Limited

(A company limited by guarantee, not having a share capital)

DIRECTORS' REPORT

for the year ended 31 December 2014

The directors present their report and the audited financial statements for the year ended 31 December 2014.

Principal Activity

The principal activity of the company is to promote Mental Health awareness and to offer support and counselling services to people who have either attempted suicide or have suicidal tendency through the provision of a small group programme. The company is a registered charity.

The Company is limited by guarantee not having a share capital.

Principal Risks and Uncertainties

Risks and Uncertainties arising from sources of funding

Suicide or Survive is dependent on fundraising, charitable donations and grants for its income and continued survival. The organisation has been fortunate in recent years to have forged strong links with a number of key donors and the National Office of Suicide Preventions, who have accounted for a significant proportion of its income in the last financial year. While the ongoing support of these organisations in the future cannot be assumed, the short-term funding of the organisation is secure. The directors and CEO are continuously assessing the financial risks to the organisation and have procedures in place to ensure that any potential future funding deficit is identified and communicated to stakeholders at the earliest possible opportunity.

Health and Safety

The organisation seeks to achieve industry best practice standards of health and safety and has procedures in place to ensure all stakeholders are kept safe and informed at all times.

Human Resources

Overall responsibility for human resources lies with allocated members of the management team. Day to day responsibility for ensuring that the organisations employment policies are effectively implemented lies with the Chief Executive. Suicide or Survive ensures that the training requirements of staff are catered for on an ongoing basis.

Conclusion

In Conclusion the directors are committed to the future development of Suicide or Survive and are confident that this can be delivered through a continued emphasis on services, advocacy and relationships with people both inside and outside the organisation.

Financial Results

The (deficit)/surplus for the year amounted to €(75,829) (2013 - €71,812).

Directors

The directors who held office during the financial year were

John Pender
Helen Allen
Olivia Hunt
Natalie Hodgess
Joseph Walsh (Appointed 29 January 2014)
Stephanie McDermott (Appointed 26 March 2014)
Alan McLean (Resigned 29 January 2014)

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

Future Developments

The company plans to continue its present activities. Employees are kept as fully informed as practicable about developments within the business.

Auditors

The auditors, Hughes Blake, have indicated their willingness to continue in office in accordance with the provisions of Section 380 of the Companies Act, 2014.

Suicide Or Survive Limited

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DIRECTORS' REPORT

for the year ended 31 December 2014

Accounting Records

To ensure that proper books and accounting records are kept in accordance with Section 202 Companies Act, 1990, the directors have employed appropriately qualified accounting personnel and have maintained appropriate computerised accounting systems. The books of account are located at the company's office at Stonebridge House, Stonebridge Close, Shankill, Co Dublin.

Signed on behalf of the board

Natalie Hodgess
Director

Helen Allen
Director

Date: 9th July 2015

Suicide Or Survive Limited

(A company limited by guarantee, not having a share capital)

STATEMENT OF DIRECTORS' RESPONSIBILITIES

for the year ended 31 December 2014

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable Irish law and Generally Accepted Accounting Practice in Ireland including the accounting standards issued by the Financial Reporting Council and promulgated by Chartered Accountants Ireland.

Irish company law requires the directors to prepare financial statements giving a true and fair view of the state of affairs of the company and the surplus or deficit of the company for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with Irish Generally Accepted Accounting Practice (accounting standards issued by the Financial Reporting Council and promulgated by Chartered Accountants Ireland and Irish law).

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

- select suitable accounting policies and apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2014. 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.

Signed on behalf of the board

Natalie Hodgess
Director

Helen Allen
Director

Date: 9th July 2015

INDEPENDENT AUDITOR'S REPORT

to the Members of Suicide Or Survive Limited

(A company limited by guarantee, not having a share capital)

We have audited the financial statements of Suicide Or Survive Limited for the year ended 31 December 2014 which comprise the Income and Expenditure Account, the Balance Sheet, the Cash Flow Statement, the Accounting Policies and the related notes. The financial reporting framework that has been applied in their preparation is Irish law and accounting standards issued by the Financial Reporting Council and promulgated by Chartered Accountants Ireland (Generally Accepted Accounting Practice in Ireland).

This 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.

Respective responsibilities of directors and auditors

As explained more fully in the Statement of Directors' Responsibilities, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view. Our responsibility is to audit and express an opinion on the financial statements in accordance with Irish law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practice Board's Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the directors; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Directors' Report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on financial statements

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 2014 and of its results for the year then ended; and
- have been properly prepared in accordance with the requirements of the Companies Act 2014.

Matters on which we are required to report by the Companies Act 2014.

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

Matters on which we are required to report by exception

We have nothing to report in respect of the provisions in the Companies Act 2014 which require us to report to you if, in our opinion, the disclosures of directors' remuneration and transactions specified by Sections 305 to 312 of the Act are not made.

Kieran McCarthy
for and on behalf of
HUGHES BLAKE

Chartered Accountants and Registered Auditors
Joyce House
22/23 Holles Street
Dublin 2

Date: 10th July 2015

Suicide Or Survive Limited

(A company limited by guarantee, not having a share capital)

INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 December 2014

	Notes	2014 €	2013 €
Income	2	397,222	474,637
Expenditure		(473,051)	(402,825)
(Deficit)/surplus for the year	8	(75,829)	71,812

The company has no recognised gains or losses other than the results for the year. The results for the year have been calculated on the historical cost basis. The company's income and expenses all relate to continuing operations.

Approved by the board on 9th July 2015 and signed on its behalf by

Natalie Hodgess
Director

Helen Allen
Director

Suicide Or Survive Limited
(A company limited by guarantee, not having a share capital)
BALANCE SHEET
as at 31 December 2014

	Notes	2014 €	2013 €
Current Assets			
Debtors	4	-	7,904
Cash at bank and in hand		279,108	348,694
		279,108	356,598
Creditors: Amounts falling due within one year	5	(114,326)	(115,987)
Net Current Assets		164,782	240,611
Total Assets less Current Liabilities		164,782	240,611
Reserves			
Income and expenditure account	8	164,782	240,611
Members' Funds	9	164,782	240,611

Approved by the board on 9th July 2015 and signed on its behalf by

Natalie Hodgess
Director

Helen Allen
Director

Suicide Or Survive Limited
(A company limited by guarantee, not having a share capital)
CASH FLOW STATEMENT
for the year ended 31 December 2014

	Notes	2014 €	2013 €
Movement in cash in the year		(69,586)	149,272
Reconciliation of net cash flow to movement in net debt (Note 10)			
Movement in cash in the year		(69,586)	149,272
Net funds at 1 January 2014		348,694	199,422
Net funds at 31 December 2014		279,108	348,694

Suicide Or Survive Limited

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2014

1. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with generally accepted accounting principles in Ireland and Irish statute comprising the Companies Act 2014. They comply with the financial reporting standards of the Financial Reporting Council, 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 company's financial statements.

Income

Turnover comprises the invoice value of goods supplied by the company, exclusive of trade discounts and value added tax.

Grants Receivable

Revenue grants are recognised in the same period as the related expenditure is incurred.

Taxation

The Company is Registered Charity and is exempt from tax on its normal activities.

Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the balance sheet date. Transactions, during the year, which are denominated in foreign currencies are translated at the rates of exchange ruling at the date of the transaction. The resulting exchange differences are dealt with in the income and expenditure account.

2. INCOME

The whole of the company's income is attributable to its operations in the Republic of Ireland and is derived from its Charitable Activities.

The Company's income is derived from the following sources:

	2014	2013
Donations	126,807	168,537
Grant Receivable	157,625	126,202
Income from Services Provided	5,300	-
Fundraising	107,490	179,898
	397,222	474,637

3. EMPLOYEES AND REMUNERATION

Number of employees

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

	2014 Number	2013 Number
Administration	4	4

The staff costs comprise:

	2014 €	2013 €
Wages and salaries	166,430	114,705
Social welfare costs	16,733	11,226
	183,163	125,931

Suicide Or Survive Limited

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NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2014

4. DEBTORS	2014	2013
	€	€
Taxation (Note 6)	-	6,447
Prepayments and accrued income	-	1,457
	-	7,904
5. CREDITORS	2014	2013
Amounts falling due within one year	€	€
Taxation (Note 6)	11,234	-
Other creditors	739	-
Deferred Income	102,353	115,987
	114,326	115,987
6. TAXATION	2014	2013
	€	€
Debtors:		
PAYE	-	6,447
Creditors:		
PAYE	11,234	-
7. STATUS		
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 €2.		
8. INCOME AND EXPENDITURE ACCOUNT	2014	2013
	€	€
At 1 January 2014	240,611	168,799
(Deficit)/surplus for the year	(75,829)	71,812
At 31 December 2014	164,782	240,611
9. RECONCILIATION OF MOVEMENTS IN MEMBERS' FUNDS	2014	2013
	€	€
(Deficit)/surplus for the year	(75,829)	71,812
Opening members' funds	240,611	168,799
Closing members' funds	164,782	240,611

Suicide Or Survive Limited

(A company limited by guarantee, not having a share capital)

NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2014

10. CASH FLOW STATEMENT

10.1 RECONCILIATION OF OPERATING (DEFICIT)/SURPLUS TO NET CASH OUTFLOW FROM OPERATING ACTIVITIES	2014 €	2013 €
Operating (deficit)/surplus	(75,829)	71,812
Movement in debtors	1,457	-
Movement in creditors	4,786	77,460
Net cash outflow from operating activities	(69,586)	149,272

10.2 ANALYSIS OF CHANGES IN NET FUNDS

	Opening balance €	Cash flows €	Closing balance €
Cash at bank and in hand	348,694	(69,586)	279,108
Net funds	348,694	(69,586)	279,108

11. GRANT INCOME RECEIVABLE

During the year, Suicide or Survive received the generous support of a number of grant issuing bodies to assist us in our work. At the year end, some of the projects for which these grants have been received had not been started/completed. Accordingly, grant income totalling €102,353 (2013 : €115,987) has been deferred to future Accounting periods.

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

	2014 €	2013 €
National Office for Suicide Prevention	144,000	187,000
The Wheel - Training Links	-	12,600
	144,000	199,600

12. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the board of directors on 9th July 2015.