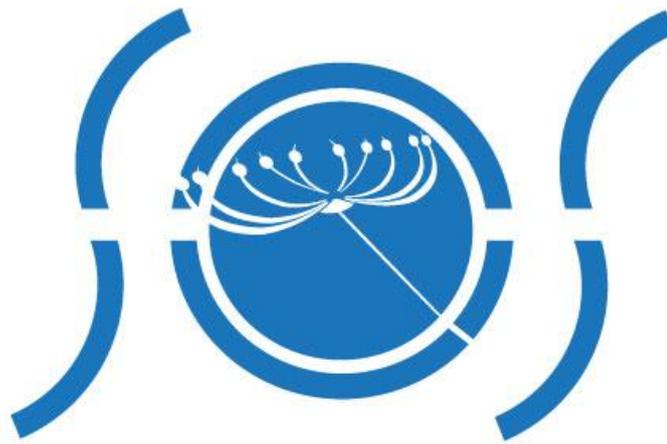


Suicide Or Survive Limited
(A company limited by guarantee, without a share capital)

Directors' Report and Financial Statements

for the year ended 31 December 2015



.....
Suicide or Survive
.....

Suicide Or Survive Limited

INTRODUCTION BY CEO

2015 saw SOS go from strength to strength and all of this is possible because of the ongoing fantastic generosity of our wonderful donors, grant providers and fund raisers all of whom are passionate, like ourselves, and believe in the work of Suicide or Survive and the impact our innovative and life changing programmes continue to have throughout the country.

Our services continue to be developed and delivered based on 4 key principles that underpin everything we do – genuineness, understanding, respect and acceptance. Everything we do we do in partnership. We have always believed and continue to believe that it is only by working together that we can achieve our aims of a mentally healthy society where suicide rates are reduced to a minimum. We continue to strive to create relationships with all of our partners based on transparency, open communication and honesty. In 2015 we continued to work with the National Office for Suicide Prevention, the Irish College of GP's, Wheatfield Place of Detention, Mental Health Reform, the HSE, Rabo Bank and Global Village to name but a few.

We replicate our work in the community in the approach we take in our own workplace. We recognise that people are holistic beings and encourage them to bring their whole person to the workplace. We value authenticity and know that life and mental health can sometimes get messy. We recognise that we are more than our messiness and foster an environment where people are accepted as they are and respected for their difference. We know that even when we are struggling we are capable and competent. Our work environment at Suicide or Survive is both relaxed and active. We are focussed on our work and get a lot done but we also have fun. We are creative and open, focussed and relaxed. We realise that the more we develop our relational skills the more effective we will be in achieving our mission of being a force for positive change in mental health and suicide prevention in Ireland and the wider world.

Start by doing what's necessary, then do what's possible, and suddenly you are doing the impossible
(Francis of Assisi)

Suicide Or Survive Limited

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.

Suicide Or Survive Limited

Achievements 2015

Suicide or Survive has gone through a fantastic period of growth over the last two years. In 2015 the reach of all of our programmes was expanded throughout the country, we consolidated an exciting new partnership with the HSE's National Counselling Centre to bring the Eden Programme to Galway and Mayo, we added to our teams and we have developed a new supporters programme. All of our activities are run in line with the Government's 'Vision for Change' policy and the National Office for Suicide Prevention's strategy for 2015 – 2020, 'Connecting for Life' (specifically Goals 1 – 4). All of our programmes are run to the highest standards of practice and service delivery and are underpinned by an evaluation framework as required by 'Connecting for Life'.

Suicide or Survive's key achievements in 2015 included:

- Actively campaigning for change in relation to mental health services through a variety of media and forums
- Continuing to bring the voice of the service user to National and International Forums
- Strengthening our links with the National Office for Suicide Prevention by sitting on strategic planning committees to input into the development of their new Strategy
- Continuing our participation as active members of Mental Health Reform, an organisation that promotes improved and prioritised mental health services in Ireland
- Running a very successful 'High Tea and Talk' initiative encouraging people to talk about mental health with events run by individuals and organisations nationwide
- Challenging 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 enabled SOS to direct content
- Completing 2 Eden Programmes in Dublin
- Consolidating our partnership with the HSE's National Counselling Service to bring the Eden Programme to Galway and Mayo. Assisting in the recruitment of staff to run the 2 programmes, training staff and recruiting participants for both programmes which will commence in early 2016. An evaluation of the first roll out of the Eden Programme by DCU has commenced.
- Carrying out research and developing a programme for people who are supporting family members, friends, neighbours, work colleagues etc. who are struggling with their mental health. This programme will be piloted in early 2016.
- Promoting mental wellness nationwide through our Wellness Workshop – 34 workshops were run nationwide in 2015 with an average attendance of 35 people per workshop. The partnership with Wheatfield Prison went from strength to strength in 2015 and SOS continued delivering its Wellness Workshops to prisoners there.
- Running a pilot of the Wellness Workshop with young people aged 15 – 18 in partnership with Collinstown Park Community School in Clondalkin
- Continuing to promote the 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
- Expanded our Wellness Workshop team with 2 new Facilitators who completed an apprenticeship in 2015
- Presented on the Wellness Workshop at the IMHCR Conference in Lille, France and at the Mental Health Nursing Conference in Trinity College

Suicide Or Survive Limited

- Continued our training of 6 prisoners in Wheatfield Place of Detention who will become mentors to other prisoners in implementing their learning from the Wellness Workshop and WRAP. An evaluation of this programme by Trinity College Dublin is ongoing.
- Partnered See Change in the development and delivery of its Workplace Mental Health training to organisations nationwide. Developed a suite of training videos for use in this training, revised the training programme and developed a manual for the new programme. Trained existing facilitators in the delivery of the new programme and facilitated 6 See Change in the Workplace training programmes in organisations nationwide with an average attendance of 25 people.
- Consolidated our strategic partnership with WRAP International, continued our involvement with the WRAP network in Ireland, and developed our internal governance structures for the delivery of WRAP programmes by Suicide or Survive.
- Mentored 4 individuals to become Suicide or Survive approved WRAP facilitators under our governance procedures for WRAP
- Delivered 2 WRAP programmes alongside the Eden Programme, 8 in the community and 2 in Wheatfield place of detention. Each WRAP programme is attended by 16 people
- Reviewed and updated our governance documents, continued our programme of training for staff and board members in governance related issues and continued to comply with the Governance Code for Community, Voluntary and Charitable Organisations in Ireland. We continued to monitor and manage our governance on an ongoing basis and to keep up to date with Government Policy and legislation.
- Appointed a Programmes Manager to plan, organise, staff, lead and monitor the delivery and development of our programmes and expanded our administrative team.
- Continued to focus on the training and development of our teams of facilitators to ensure that they continue to deliver our programmes to the highest standards and adhere to best practice in terms of governance
- Continued to ensure that all of our programmes are evaluated and that the findings were translated into action and disseminated widely
- Continued to comply with the Statement of Guiding Principles for Fundraising
- Worked collaboratively with a broad range of organisations and individuals from the statutory and voluntary sectors nationwide to raise awareness, break down stigma, spread the message that 'people can and do recover' and to continue to support and encourage people to save their own lives.

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Suicide Or Survive Limited
(A company limited by guarantee, without a share capital)

Directors	John Pender Helen Allen Olivia Hunt Natalie Hodgess Joseph Walsh (Resigned 31 March 2016) Stephanie McDermott
Company Secretary	Helen Allen
Company Number	397632
Charity Number	CHY16442
Registered Office and 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, without a share capital)
DIRECTORS' REPORT
for the year ended 31 December 2015

The directors present their report and the audited financial statements for the year ended 31 December 2015.

Principal Activity

The objects for which the Company is established are to break down the stigma associated with mental health and suicide, and to provide one-to-one therapy and counselling, educational and therapeutic programmes, workshops, seminars, workbooks/ worksheets and online resources for the general public, and more particularly for those who have attempted and/ or contemplated suicide, along with signposting people who require support to the appropriate supports and services.

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 Prevention, 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 organisation's 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 for the year amounted to €(17,043) (2014 - €(75,829)).

At the end of the year the company has assets of €275,030 (2014 - €279,108) and liabilities of €127,291 (2014 - €114,326). The net assets of the company have decreased by €(17,043).

Directors and Secretary

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

John Pender
Helen Allen
Olivia Hunt
Natalie Hodgess
Joseph Walsh (Resigned 31 March 2016)
Stephanie McDermott

The secretary who served throughout the year was Helen Allen

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, (Chartered Accountants) have indicated their willingness to continue in office in accordance with the provisions of Section 383(2) of the Companies Act, 2014.

Suicide Or Survive Limited
(A company limited by guarantee, without a share capital)

DIRECTORS' REPORT

for the year ended 31 December 2015

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: 21 June 2016

Suicide Or Survive Limited

(A company limited by guarantee, without a share capital)

DIRECTORS' RESPONSIBILITIES STATEMENT

for the year ended 31 December 2015

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable Irish law and 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 and promulgated by the Institute of Chartered Accountants in Ireland. 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 surplus or deficit 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 for the company financial statements and then apply them consistently;
- make judgements and 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 business.

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 surplus or deficit of the company to be determined with reasonable accuracy and enable them to ensure that the financial statements and directors' report comply with the 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.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Signed on behalf of the board

Natalie Hodgess
Director

Helen Allen
Director

Date: 21 June 2016

INDEPENDENT AUDITOR'S REPORT

to the Members of Suicide Or Survive Limited

(A company limited by guarantee, without a share capital)

We have audited the financial statements of Suicide Or Survive Limited for the year ended 31 December 2015 which comprise the Income and Expenditure Account, the Balance Sheet, the Reconciliation of Members' Funds, the Cash Flow Statement, the Accounting Policies and the related notes. The relevant financial reporting framework that has been applied in their preparation is 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 and promulgated by the Institute of Chartered Accountants 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 Directors' Responsibilities Statement, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view and otherwise comply with the Companies Act 2014. 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 2015 and of its results for the year then ended; and
- have been properly prepared in accordance with the relevant financial reporting framework and, in particular, 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

21 June 2016

Suicide Or Survive Limited

(A company limited by guarantee, without a share capital)

INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 December 2015

	Notes	2015 €	2014 €
Income	5	471,446	397,222
Expenditure		(488,489)	(473,051)
Total Comprehensive Income		(17,043)	(75,829)

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 21 June 2016 and signed on its behalf by:

Natalie Hodgess
Director

Helen Allen
Director

Suicide Or Survive Limited
 (A company limited by guarantee, without a share capital)
BALANCE SHEET
 as at 31 December 2015

	Notes	2015 €	2014 €
Current Assets			
Cash and cash equivalents		275,030	279,108
Creditors: Amounts falling due within one year	7	(127,291)	(114,326)
Net Current Assets		147,739	164,782
Total Assets less Current Liabilities		147,739	164,782
Reserves			
Income and expenditure account		147,739	164,782
Equity attributable to owners of the company		147,739	164,782

Approved by the board on 21 June 2016 and signed on its behalf by:

Natalie Hodgess
 Director

Helen Allen
 Director

Suicide Or Survive Limited

(A company limited by guarantee, without a share capital)

RECONCILIATION OF MEMBERS' FUNDS

as at 31 December 2015

	Retained surplus	Total
	€	€
At 1 January 2014	240,611	240,611
Deficit for the year	(75,829)	(75,829)
At 31 December 2014	164,782	164,782
Deficit for the year	(17,043)	(17,043)
At 31 December 2015	147,739	147,739

Suicide Or Survive Limited
(A company limited by guarantee, without a share capital)
CASH FLOW STATEMENT
for the year ended 31 December 2015

	Notes	2015 €	2014 €
Cash flows from operating activities			
Deficit for the year		(17,043)	(75,829)
		(17,043)	(75,829)
Movements in working capital:			
Movement in debtors		-	1,457
Movement in creditors		12,965	4,786
Cash used in operations		(4,078)	(69,586)
Net decrease in cash and cash equivalents		(4,078)	(69,586)
Cash and cash equivalents at beginning of financial year		279,108	348,694
Cash and cash equivalents at end of financial year	10	275,030	279,108

Suicide Or Survive Limited

(A company limited by guarantee, without a share capital)

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 December 2015

1. GENERAL INFORMATION

Suicide Or Survive Limited is a company limited by guarantee incorporated in the Republic of Ireland.

2. ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Statement of compliance

The financial statements of the company for the year ended 31 December 2015 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 and in accordance with the Financial Reporting Standard applicable in the United Kingdom and the Republic of Ireland (FRS 102) issued by the Financial Reporting Council, as promulgated by Chartered Accountants Ireland. There have been no transitional adjustments made.

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The financial reporting framework that has been applied in their preparation is 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 and promulgated by the Institute of Chartered Accountants in Ireland.

Income

Income represents the total amount of donations received during the year, along with the proceeds of fundraising activities and the provision of workshops. Income is treated as being general funds and recognised on receipt, unless a donor has specified the manner in which the donation is to be spent, in which case the income is only recognised in line with the related expenditure.

Grants Receivable

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

Trade and other creditors

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

Employee benefits

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The company also operates a defined benefit pension scheme for its employees providing benefits based on final pensionable pay. The assets of this scheme are also held separately from those of the company, being invested with pension fund managers.

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. Non-monetary items that are measured in terms of historical cost in a foreign currency are translated at the rates of exchange ruling at the date of the transaction. Non-monetary items that are measured at fair value in a foreign currency are translated using the exchange rates at the date when the fair value was determined. The resulting exchange differences are dealt with in the Income and Expenditure Account.

3. ADOPTION OF FRS 102

This is the first set of financial statements prepared by Suicide Or Survive Limited in accordance with accounting standards issued by the Financial Reporting Council, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102"). The company transitioned from previously extant Irish and UK GAAP to FRS 102 as at 1 January 2014.

Suicide Or Survive Limited

(A company limited by guarantee, without a share capital)

NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2015

4. DEPARTURE FROM COMPANIES ACT 2014 PRESENTATION

The directors have elected to present an Income and Expenditure Account instead of a Profit and Loss Account in these financial statements as this company is a not-for-profit entity.

5. INCOME

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

6. EMPLOYEES AND REMUNERATION

The staff costs comprise:	2015	2014
	€	€
Wages and salaries	180,121	160,937
Social welfare costs	18,606	16,733
	198,727	177,670

7. CREDITORS

Amounts falling due within one year

	2015	2014
	€	€
Taxation (Note 8)	3,531	11,234
Other creditors	(1,106)	739
Deferred Income	124,866	102,353
	127,291	114,326

8. TAXATION

	2015	2014
	€	€
Creditors:		
PAYE	3,531	11,234

9. 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 €1.

10. CASH AND CASH EQUIVALENTS

	2015	2014
	€	€
Cash and bank balances	275,030	279,108

Suicide Or Survive Limited

(A company limited by guarantee, without a share capital)

NOTES TO THE FINANCIAL STATEMENTS

continued

for the year ended 31 December 2015

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 €124,866 (2014 : €102,353) has been deferred to future Accounting periods.

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

	2015	2014
	€	€
National Office for Suicide Prevention	197,502	144,000

12. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the board of directors on 21 June 2016.