ANNUAL REPORT AND FINANCIAL STATEMENTS FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

COMPANY INFORMATION

Members Margaret Kelleher

Bishop John Buckley
Bishop Paul Colton
Ella Arensman
Patricia Casey
Paul Corcoran
Dave Drohan
Patricia Behan
Tom O'Dwyer
Bertie Kelleher
Barry McGale
Eugene Cassidy
Birgit Greiner
James McCarthy
Colin Bradley

Directors Margaret Kelleher

James McCarthy Dave Drohan Barry McGale Eugene Cassidy

Secretary Eileen Williamson

Company number 224676

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Cork.

Auditor H&A Accountancy Services Limited

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DIRECTORS' REPORT

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

The directors present their report and financial statements for the financial year ended 31 December 2018.

Introduction

The financial statements have been prepared by Suicide Research Foundation Company Limited by Guarantee 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)) as modified by the Statement Of Recommended Practice "Accounting and Reporting by Charities" effective 1 January 2015.

The organisation is a charitable company with a registered office at 1 Perrott Avenue, College Road, Cork (the charity trades under the name National Suicide Research Foundation). The company's registered number is 224676. The Registered Charity Number (RCN) of the charity is 20030889.

The charity has been granted charitable tax status under sections 207 and 208 of the Taxes Consolidation Act 1997, Charity number CHY 11351 and is registered with the Charities Regulatory Authority.

Objectives and activities

The Suicide Research Foundation Company Limited by Guarantee (National Suicide Research Foundation) (NSRF) is an independent, multi-disciplinary research unit established in Cork, in 1994, by the late Dr Michael J Kelleher.

Suicide Research Foundation Company Limited by Guarantee investigates the causes of suicide, self-harm and related mental health and social factors in Ireland. Suicide Research Foundation Company Limited by Guarantee has a long-standing link with the School of Public Health in University College Cork and is a constituent part of the National Health Services Research Institute and has signed a research collaboration agreement with University College Cork. Suicide Research Foundation Company Limited by Guarantee works collaboratively with the Health Service Executive's National Office for Suicide Prevention in relation to providing research and evidence in line with the objectives of Connecting for Life, Ireland's National Strategy to Reduce Suicide 2015-2020.

Suicide Research Foundation Company Limited by Guarantee's principal aims are to build capacity in knowledge and expertise to achieve greater understanding of the causes of suicide and self-harm in Ireland, and to improve evidence-informed programmes in self-harm intervention, suicide prevention and mental health promotion.

Suicide Research Foundation Company Limited by Guarantee is a World Health Organisation (WHO) Collaborating Centre for Surveillance and Research in Suicide Prevention and, as such, fulfils an advisory role to the WHO, and, additionally, provides guidance to countries internationally in developing and implementing registration systems and prevention programmes for self-harm and suicide. Furthermore, Suicide Research Foundation Company Limited by Guarantee's research contributes to international policy development in suicide prevention.

The members of Suicide Research Foundation Company Limited by Guarantee research team represent a broad range of disciplines, including psychology, psychiatry, medicine, epidemiology, public health, biostatistics, sociology, and health services research.

Suicide Research Foundation Company Limited by Guarantee undertakes research into a wide range of topics relating to suicide and self-harm and, accordingly, provides the knowledge base for suicide prevention, intervention and postvention strategies.

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

Suicide Research Foundation Company Limited by Guarantee's specialist areas of expertise include:

- · Surveillance of self-harm and suicide
- · Evidence-based treatments for self-harm and depression
- · Guiding the implementation and evaluation of national suicide prevention programmes
- · Development of the evidence base for the implementation of multi-level suicide prevention programmes

Suicide Research Foundation Company Limited by Guarantee's research and publications provide an evidence-base on many key topics, including:

- · Risk and protective factors associated with self-harm and suicide
- · Self-harm and related mental health and social factors among young people
- · Impact of alcohol and drugs on self-harm and suicide
- · Assessment and treatment of self-harm and depression
- Contagion and clustering of suicide and self-harm
- · Restricting access to lethal and frequently used methods of self-harm and suicide
- · Bereavement following suicide
- Murder-suicide
- · Media reporting and suicide.

Review of activities in 2018

National Self-Harm Registry Ireland

The National Self-Harm Registry Ireland is a national system of population monitoring for the occurrence of self-harm. The Registry collects data based on persons presenting to hospital emergency departments as a result of an episode of self-harm, as defined by the Registry. As of 2006 the Registry has obtained full coverage of all general and paediatric hospital emergency departments in the Republic of Ireland. Please see the annual reports of the registry at www.nsrf.ie/reports.

The Registry Aims

- To establish the extent and nature of hospital-treated self-harm in Ireland.
- · To monitor trends over time and by area.
- To contribute to policy and development in the area of suicidal behaviour.
- To help the progress of research and prevention.

Northern Ireland Registry of Self-harm

The Northern Ireland Registry of Self-harm was established by the Northern Ireland Public Health Agency in 2012. It has coverage of all 12 acute hospitals in Northern Ireland, as part of the action plan to address self-harm and suicide prevention under the Protect Life Strategy. The regional introduction of the Registry followed an initial piloting of the service in the Western Health and Social Care Trust from 2007 to 2012. The National Suicide Research Foundation provides statistical analysis, support and independent verification of data recorded by the Northern Ireland Registry of Self-harm. A contract is agreed with the Public Health Agency who provides annual funding.

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

Projects funded by the National Office for Suicide Prevention

Improving surveillance and monitoring of self-harm in Irish Prisons: The Self-harm Assessment and Data Analysis (SADA) Project

As part of its role in *Connecting for Life*, Ireland's National Suicide Reduction Strategy, The Irish Prison Service has committed to reviewing, analysing and learning from each episode of self-harm within the prison estate. The SADA project provides robust information relating to the incidence and profile of self-harm within prison settings, identifies individual- and context-specific risk factors relating to self-harm, as well as examining patterns of repeat self-harm. Such information can be used as an evidence base to inform the identification and management of prisoners who engage in or who are at-risk for self-harm, and to develop effective prevention initiatives. Findings from this project are disseminated back to the Irish Prison Service National Suicide and Harm Prevention Steering Group (NSHPG) on a quarterly basis. The National Suicide Research Foundation coordinates the data management, data analysis and reporting of findings from the SADA Project.

Review of the Health Service Executive Suicide Crisis Assessment Nurse Service (SCAN service)

Project Aim

- To describe the operational structure of the SCAN service.
- · To review referrals made to services

Specific objectives

- The results from this project will estimate the prevalence of mental health-related referrals to and from the HSE SCAN Service and such data may inform recommendations regarding further development of the service.
- In particular, findings from this project will inform the statement of purpose for the service as well as the alignment of the service with that of the National Clinical Care Programme
- The findings may identify potential improvements for the treatment of individuals at risk of suicidal behaviour.

The findings will also raise awareness of the significance and range of mental health problems among the general population that presents to primary care services. Such findings may inform general population mental health promotion initiatives.

Individual and Ecological Factors Associated with Intentional Drug Overdose

Study Aim

This research aims to provide a comprehensive understanding of the individual and ecological factors contributing to IDO.

The specific objectives of this research are:

- To examine the profile of persons engaging in IDO, detail drugs used and to quantify the contributions of alcohol involvement and multiple drug use
- To describe the emerging use of a group of antiepileptic's known as gabapentinoids in IDO in Ireland; to describe the characteristics of fatal and non-fatal IDO,
- To establish which drug types are linked with greater risk of a fatal outcome
- To describe trends in IDOs with psychotropic drugs and to explore the association between their use and prescribing patterns, and
- To identify changes in clinical presentations predictive of method switching or escalation in patients with repeat self-harm following IDO.

The NSRF has an Overall Agreement with the National Office for Suicide Prevention for the duration of the Connecting for Life, Suicide Reduction Strategy, and agrees the terms of a Service Arrangement annually in respect of funding for the National Self Harm Registry Ireland and agreed research projects.

DIRECTORS' REPORT (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

Additional NOSP-funded Project

Coronial Data Project

The Health Research Board/Health Service Executive Coronial Data Study is being carried out in order to fulfil five key strategic commitments made by the HSE NOSP and other key partners under Goal 7 of Connecting for Life.

The aim of this study is twofold, firstly to improve access to timely and high-quality data on suicide and self-harm and secondly to review (and, if necessary, revise) current recording procedures for death by suicide.

The study requires the secondment from the NSRF of a Post-Doctoral Researcher to a Data Analyst Post to work with the NOSP's Evaluation Manager and the study's Technical Advisory Group.

A Change Control note to the HSE NOSP/NSRF Service Arrangement has been agreed.

A Study of Untimely Sudden Deaths and People who took their Lives while in the care of the Donegal Mental Health Service

This research was commissioned by the Donegal Mental Health Service (DMHS). The study examined untimely sudden deaths and those who took their lives while in the care of Donegal Mental Health Service between October 2011 and May 2015.

Information was obtained in accordance with the principles of the Suicide Support and Information System – Psychological Autopsy Model, SSIS-PAM (Arensman et al, 2013; 2012). A total of 34 deaths were included. Of these, 24 family informant interviews took place. Over 92% of those approached agreed to take part.

The study report was launched in April 2016. As a result of the research, DMHS now has a 'real-time' database of information on socio-demographic, psychosocial and psychiatric risk factors which may have contributed to the deaths of those in their care through untimely events or suicide. Following publication of the report, a start was made with the implementation of the evidence-informed actions, funded by the CHO1. These include:

- A service response, which is sent to family members on behalf of the HSE in the event of a service user fatality.
- An information pack for family members at the time of admission of a family member to the Department of Psychiatry.
- Awareness and skills training on self-harm and suicide as part of the induction of new mental health staff.
- Development of an advanced suicide and self-harm risk assessment training programme for all staff within Mental Health Services and beyond.

A Service Arrangement is agreed between CHO1 and the NSRF.

GLOW Project

The GLOW project, a follow-up programme was developed for behaviourally-stable participants with Borderline Personality Disorder who had completed a DBT programme in Cork. The four month programme comprised one individual two-hour session per month and a group activity with all participants at the end of the programme. An evaluation is being undertaken to assess whether a coaching psychology intervention post-DBT will result in increased goal attainment and wellbeing.

Funding for the DBT and GLOW Projects is provided by the HSE's National Office for Suicide Prevention to HSE CHO 4 and a Service Arrangement is agreed with the NSRF.

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

National Dialectical Behaviour Therapy Project

The National Dialectical Behaviour Therapy (DBT) Project, Ireland was established in 2013 through funding provided by the National Office for Suicide Prevention. This project is a multi-year project which aims to train DBT teams in Community Mental Health settings across Ireland and to conduct an extensive evaluation of this national implementation. The Health Service Executive and National Suicide Research Foundation have come together as two organisations to collaborate in implementing and evaluating DBT programmes across Ireland.

Project Aims

Co-ordinate and support the administration of a national implementation of DBT in Adult and Child/Adolescent Community Mental Health Services across Ireland

Conduct a comprehensive evaluation of the national implementation of DBT across Community Mental Health Services in Ireland.

World Health Organisation Collaborating Centre

As part of its designation as a WHO Collaborating Centre for Surveillance and Research in Suicide Prevention, the NSRF provides advice and information to the WHO and to countries interested in establishing systems of monitoring self-harm. The WHO provides funding for travel and subsistence to these countries.

World Health Organisation Commissioned Work

Developing an e-learning programme for establishing and maintaining surveillance systems for suicide attempts and self-harm

Following on the WHO World Suicide Report of 2014, which stated the need for better availability and quality of suicide attempt and self-harm data, and further to the publication of the Practice Manual for Establishing and Maintaining Surveillance Systems for Suicide Attempts and Self-harm in 2016, the WHO funded the NSRF to develop an e-learning programme to train staff in hospitals for data collection of cases of suicide attempts and self-harm.

Royal College of Surgeons in Ireland Health Research Board-funded Project

The RCSI funded a senior researcher for a period of six months commencing December 1st 2017 to work on the HRB-funded Project entitled Early Life Stress and the Pathogenesis of Auditory Hallucinations in Young People (Grant code 1918).

International Association for Suicide Prevention

The IASP provides funding for a Research Officer to work on a one-day per week basis on IASP-related research. The researcher acts as the Central Administration Office Assistant for the IASP Special Interest Group on Decriminalisation and the Special Interest Group on the Development of Effective National Suicide Prevention Strategy and Practice in addition to co-ordinating the IASP Special Interest Groups and co-Chairing the IASP Early Career Group. The researcher runs the IASP Twitter account, responds to crisis e-mails directed to IASP and assists with World Suicide Prevention Day content and graphics.

Our Mental Health

On World Mental Health Day, October 10th 2018, RTE broadcast a documentary that it had commissioned students to produce entitled Our Mental Health. The NSRF, in collaboration with the students, developed a website linked to the documentary and conducted a web-based survey in relation to mental health and help-seeking behaviour to which there were 2,500 respondents. Articles are in preparation for submission to peer-review journals.

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

Directors and secretary

The directors who held office during the financial year and up to the date of signature of the financial statements were as follows:

Margaret Kelleher

Ivan J. Perry (Resigned 18 April 2018)

James McCarthy Dave Drohan

Michael O'Sullivan (Resigned 28 February 2019)

Barry McGale

Eugene Cassidy (Appointed 29 May 2018)

The secretary who held office during the financial year and up to the date of signature of the financial statements was Eileen Williamson.

Financial Review

Results for the financial year

A summary of the results for the financial year are set out on page 16.

The members have no beneficial interest in the company as there is no share capital and the company is limited by guarantee.

The statement of financial activities shows net incoming funds for the financial year of €6,363 (2017: €36,161) with total incoming resources amounting to €1,214,123 (2017: €1,179,459) and total resources expended amounting to €1,207,760 (2017: €1,143,298).

The total incoming resources include grant income from the Health Service Executive and other agencies totalling €1,212,967 (2017: €1,179,251)

Reserves policy and financial position

Reserves policy

The charity has determined that it is not required to hold designated reserves given that it has significant cash reserves.

Financial position

The balance sheet shows total charity funds of €204,402 (2017: €198,039) all of which are required to:

- Ensure that the charity can continue to provide the services that are listed as the charity's principal objectives;
- Provide working capital when funding is paid in arrears:
- Meet contractual obligations as they fall due;
- Meet unexpected costs if these arise.

Based on this, the directors are satisfied that the charity holds sufficient reserves to allow the charity to continue to operate successfully.

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

Structure, governance and management

The organisation is a charitable company limited by guarantee. The company does not have a share capital and consequently the liability of members is limited, subject to an undertaking by each member to contribute to the net assets or liabilities of the company on winding up such amounts as may be required , not exceeding €1.00 per member.

The charity was established under a constitution which established the objects and powers of the charitable company and is governed by its constitution and managed by a board of directors. Permission has been granted by the Companies Registration Office to dispense with the words Company Limited by Guarantee in the title of the company and the Registrar of Business Names granted permission to use the name of National Suicide Research Foundation.

Board of Directors

The National Suicide Research Foundation is governed by a board of directors with a minimum number of 5 and a maximum number of 11 directors. The board meets at least five times each year. Each director's term of office is three years. A chairperson is elected by the board of directors whose term of office is also three years. At each Annual General Meeting one third of the directors elected from the membership retire by rotation and are eligible for re-election. The process for nominations and voting is laid out in the Election Rules document which is posted on the website and made available to all members.

There is a clear division of responsibility in the company with the board retaining control over major decisions. The board of directors retain overall responsibility for the strategic development of the company.

Policies and Procedures for the Induction and Training of board Members

All newly appointed directors receive a Board Induction Folder on appointment. This contains the following documentation: a Board Handbook, the Board-member Code of Conduct, the NSRF Governing Documents, the Strategic Plan, Board Minutes from the previous 12 months, Reports of the Chief Executive Officer from the previous 12 months, the annual budget and other relevant documentation. Board Members also get complete information on how the NSRF demonstrates its full compliance with the Governance Code. The Chief Executive Officer schedules a 2-hour Induction Meeting with each newly appointed director in the first month following appointment, at which a sub-set of information customised for each new member is made available.

Board Subgroups

The company has three Standing Board Sub-committees, namely:

- Operations Sub-committee
- Research Advisory Sub-committee
- Audit, Finance and Risk Management Sub-committee.

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

Organisational Structure and How Decisions are Made

The NSRF's main office is in Cork and staff members are based in Cork or in locations throughout the country. The team is led by the Chief Executive Officer, the Head of Research and the Chief Scientist who report to the board.

Certain decisions are reserved for the Board and include:

- The Company's strategic plans and annual operating Budgets
- Projects outside the scope of the strategic plan
- Business acquisitions and disposals
- Litigation
- Appointment/Removal of Subgroup Chairs and Members
- Appointment/Removal of the Chief Executive Officer, the Director of Research, Chief Scientist
- Appointment/Removal of Auditors
- Approval of Borrowing/Finance Facilities
- Approval of new staff positions
- Approval of HR Contracts exceeding €40,000 per annum
- Annual Review of Risk and Internal Control
- Approval of policies and procedures and Board nominations.

Although ultimate responsibility for the governance of the NSRF rests with the Board of Directors, certain duties and responsibilities are delegated from the Board to the Chief Executive Officer, the Director of Research and the Chief Scientist and through them to the members of the staff team. These duties include implementation of the strategic plan; leading and managing the NSRF's staff members, programmes, projects, finances and all other administrative aspects so that the NSRF's ongoing mission, vision, and strategies are fulfilled within the context of the NSRF's values as approved by the Board of Directors.

The Chief Executive Officer is responsible for preparing materials for Board consideration and for preparing materials for any strategic planning process.

When the NSRF agrees to co-operate formally with other organisations on specific projects or in specific work areas, the agreements are determined by a Memorandum of Understanding/Service Arrangement or a form of written agreement which is approved by the Board of Directors.

Internal Controls

The National Suicide Research Foundation conducts an annual Risk Review process that is assessed in detail by the Audit, Finance and Risk Management subgroup with senior management and ultimately reviewed and signed off by the Board of Directors. This process involves identification of the major risks to which the NSRF is exposed, an assessment of their impact and likelihood of happening and risk mitigation actions for each.

The quarterly report of the Operations Subcommittee to the board contains a section on risk analysis updating the board regarding the status of the most acute risks to the NSRF and this is reviewed at each meeting of the Board of Directors.

Transparency and Public Accountability

The Board believes that the National Suicide Research Foundation and all organisations with charitable status must be fully accountable to the general public, providing detailed information on where its funds come from and on what they are spent. The NSRF's annual Financial Statements when approved by the Board of Directors are submitted to the Companies Registration Office and are published on the website www.nsrf.ie, under the About Us section.

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

Directors, trustees and other senior personnel

Mr. James McCarthy, Chairman

James is a Chartered Accountant and Director in Ernst and Young's Corporate Finance practice in Cork. He joined the NSRF Board as a Director in 2016 and has served as Chairman since early 2018. James brings more than 15 years of financial services experience to his role on the board.

Dr. Margaret Kelleher

Margaret has been involved in the investigation of suicide since 1987 when Dr. Michael Kelleher and Dr. Maura Daly decided to investigate the high level of suicide in a particular area of Cork. Margaret was a founding member of the NSRF in 1994, having helped secure funding that led to it's establishment. On the death of Dr. Michael Kelleher in 1998, she became the director with overall responsibility for the foundation. In 2001 she invited Professor Ivan Perry to become director of research with overall responsibility for the registry. She arranged the appointment of Dr. Ella Arensman to the NSRF in 2003. She continues as the medical director of the NSRF and pursues her own interest as a general practitioner in Cork, with a special interest in suicide prevention. She is a fellow of the International Association of Suicide Research (IASR). She worked closely with the late Dr Michael Kelleher in having suicide decriminalised in 1993. She is a General Practitioner in Cork who has had a lifelong interest in suicide prevention. Margaret brings extensive clinical experience and insights to the board.

Mr. Dave Drohan

Dave worked in the Public Health Service for more than 30 years serving with the Southern and North Western Health Boards and the Health Service Executive in Management/Administration roles. The services he worked in include Mental Health, Disabilities and Community Services generally, as Local Health Manager in Cork. He also worked for a Private Health Care provider and currently works on behalf of the Mental Health Commission. He has been on the Board of the NSRF since its creation and was a founding member of the organisation. Dave brings his extensive management experience to the board.

Mr. Barry McGale

Barry is a retired mental health nurse and cognitive behavioural therapist. He is a suicide prevention consultant with Suicide Bereavement UK and Livingworks Canada. He has been a member of the NSRF board since 2013. Barry brings his vast experience of working with suicidal patients and bereaved families to the Board.

Professor Eugene Cassidy

Eugene graduated in Medicine (MBBChBAO) from UCD in 1992 and completed a Master of Medical Science (Physiology Hons) at UCD in 1995. He is a Clinical Professor at University College Cork and Consultant Liaison Psychiatrist with the HSE at Cork University Hospital. Eugene brings broad clinical and research experience to his position on the board.

Mr. Pat Madden

Pat worked in the Public Health Service for more than 30 years in the Southern Health Board and the Health Service Executive in Management/Administration roles. The services he worked in include Mental Health and Community Services. Pat brings his extensive management experience to the company.

Professor Ivan J. Perry

Ivan was appointed Professor of Public Health in the newly established Department of Epidemiology and Public Health in University College Cork in 1997 and is now Head of the School of Public Health. He was the Foundation Director of Ireland's National Self-Harm Registry, the first national registry of hospital treated self-harm to be established worldwide when he was Director of Research at the NSRF. Ivan brings his vast research and management experience to the company.

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

Eileen Williamson, Chief Executive Officer

Eileen commenced employment with the late Dr. Michael J. Kelleher in 1994 who was a founder member of the NSRF. She holds an MBS (Hons) Degree in Health Services Management from University College Cork. Eileen overseas the daily management of the NSRF research team and has specific responsibility for finance, legal and human resource related issues. In particular, she protects the financial assets and formulates, negotiates and controls the annual budget. She co-ordinates the Operations sub-group, and in this role contributes to the development of the NSRF's goals, policies and strategic focus. In addition, Eileen is the NSRFs Company Secretary. This role involves working with the auditors in the preparation of the statutory financial statements and audit and ensuring compliance with all laws and regulations relevant to the company.

Dr. Paul Corcoran, Head of Research

Paul is an epidemiologist with more than twenty years of experience in suicidal behaviour research. Paul is also a Senior Lecturer in Peri-natal Epidemiology with the National Peri-natal Epidemiology Centre in the Department of Obstetrics and Gynaecology and with the School of Public Health. Paul's degrees include a BSc in Statistics and Computer Science, a Master's degree in Statistics and a PhD in Epidemiology, all obtained at UCC. For the academic year 2008/2009, he was Visiting Professor at the Department of Psychiatry at the University of Oviedo in Spain and he is Chair of the International Association for Suicide Prevention Special Interest Group on National Systems for certifying Suicide Deaths. He has more than 100 peer-reviewed scientific publications and has contributed to international texts on suicide epidemiology as well as contributing to Irish national suicide prevention strategies.

Dr. Eve Griffin, Manager National Self Harm Registry Ireland and Research Fellow

Eve holds a PhD in Applied Psychology from UCC and is a post-doctoral researcher with the NSRF. She is also the manager of the National Self Harm Registry Ireland. Having worked with the NSRF since 2011, Eve has a particular interest in the profile of hospital-treated self-harm, the profile of intentional drug overdose presentations, as well as the management of self-harm patients. Eve also collaborates with the Northern Ireland Public Health Agency, on the Northern Ireland National Registry of Deliberate Self-Harm.

Professor Ella Arensman, Research Professor University College Cork and Chief Scientist National Suicide Research Foundation

For over 30 years, Professor Ella Arensman, MSc, PhD (Leiden University, The Netherlands), has conducted research into suicide, self-harm and related mental health problems, with particular expertise in epidemiological research, randomised controlled trials, health services research, health information systems, and programme evaluation. Since the early nineties, Ella has been involved in a large number of international research consortia including the WHO/Euro Multicentre study on Suicidal Behaviour, Child and Adolescent Self Harm in Europe, EAAD, Optimised Suicide Prevention programmes and their Implementation in Europe, Preventing Depression and Improving Awareness through Networking in the EU, and Mental Health Training through Research Network in Europe. Ella leads the programme of work on the Health Research Board funded Research Leaders Award.

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

Principal risks and uncertainties

The directors have ultimate responsibility for managing risk and are aware of the risks associated with the operating activities of the charity. The directors carry out an annual audit and review the risks on an ongoing basis. The directors are satisfied that adequate systems of governance, supervision, procedures and internal controls are in place to mitigate the exposure to major risks and that these controls provide reasonable assurance against such risks. The directors have identified that the key risks facing the company relate to the risk of a decrease in the level of grant funding, the increase in compliance requirements in accordance with company, health and safety and general data protection legislation, and ensuring security of the company's sensitive data, reputational risk and other operational risks.

The company mitigates these risks as follows:

Financial risk

- The charity continually monitors the level of activity, prepares and monitors its budgets and projections. The charity has a policy of maintaining significant cash reserves and it has also developed a strategic plan which will allow for the diversification of funding and activities
- Financial information is subject to detailed review at board level allowing for continuous monitoring of the company's operations and financial status.

Operational/internal control risk

- The risk is minimised by the implementation of procedures for authorisation of all transactions and projects and the requirements for budgets covering all activities
- Procedures are in place to ensure compliance with health and safety of staff and clients.

Reputational/compliance risk

- In common with many charities, the company's principal risk is reputational damage. Reputation damage could be caused by an event either within or outside the company's control. In order to mitigate this risk the charity continues to adopt best practices
- The charity closely monitors emerging changes to regulations and legislation on an on-going basis by ensuring all accreditation is up to date.

Accounting records

The company's directors are aware of their responsibilities, under sections 281 to 285 of the Companies Act 2014 as to whether in their opinion, the accounting records of the company are sufficient to permit the financial statements to be readily and properly audited and are discharging their responsibility by:

- 1) employing qualified and experienced staff,
- 2) ensuring that sufficient company resources are available for the task.
- 3) liaising with the company's auditors/seeking external professional accounting advice, and
- 4) arranging to guard against falsification of the records.

The accounting records are held at the company's business premises, Room 4.36 Western Gateway Building, University College Cork, Cork. T12 YF9N

Post reporting date events

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations or the state of the affairs of the company in the financial period subsequent to the financial year ended 31 December 2018.

Future developments

The company's future plans include making applications to various organisations for new funding for a variety of research projects.

Auditor

In accordance with Section 383(2) of the Companies Act 2014, H&A Accountancy Services Limited t/a Hickey & Associates will continue in office as auditors of the company.

DIRECTORS' REPORT (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

Statement on relevant audit information to auditor

Each of the directors in office at the date of approval of this annual report confirms that:

- so far as the director is aware, there is no relevant audit information of which the company's auditor is unaware, and
- the director has taken all the steps that he / she ought to have taken as a director in order to make himself / herself aware of any relevant audit information and to establish that the company's auditor is aware of that information.

This confirmation is given and should be interpreted in accordance with the provisions of section 330 of the Companies Act 2014.

On behalf of the board

Margaret Kelleher **Director**

Dave Drohan **Director**

15 May 2019

DIRECTORS' RESPONSIBILITIES STATEMENT FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

General responsibilities

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under that law, the directors have elected to prepare the financial statements in accordance with the Companies Act 2014 and accounting standards issued by the Financial Reporting Council (and promulgated by Chartered Accountants Ireland) including FRS 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland (Generally Accepted Accounting Practice in Ireland) as modified by the Statement of Recommended Practice "Accounting and Reporting by Charities" effective 1 January 2015. 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 profit or loss of the company for that 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 profit or loss of the company to be determined with reasonable accuracy, 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.

On behalf of the board

Margaret Kelleher **Director** Dave Drohan **Director**

15 May 2019

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

Opinion

We have audited the financial statements of Suicide Research Foundation Company Limited by Guarantee (the 'company') for the financial year ended 31 December 2018 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Changes in Funds, the Statement of Cash Flows 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, as modified by the Statement of Recommended Practice "Accounting and Reporting by Charities" effective 1 January 2015.

In our opinion the financial statements:

- give a true and fair view of the state of the assets, liabilities and financial position of the company's at 31 December 2018 and of its result 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 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 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 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

We have nothing to report in respect of the following matters in relation to which the ISAs (Ireland) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

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.

In connection with our audit of the financial statements, 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 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.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that in our opinion:

- the information given in the Directors' Report is consistent with the financial statements:
- the Directors' Report has been prepared in accordance with applicable legal requirements;
- we have obtained all the information and explanations which we consider necessary for the purposes of our audit:
- 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.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report. We have nothing to report in respect of our obligation under the Companies Act 2014 to report to you if, in our opinion, the disclosures of director's remuneration and transactions specified by sections 305 to 312 of the Act are not made.

Responsibilities of directors for the financial statements

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 for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors 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.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at: http://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ire/International-Standards-on-Auditing-(Ireland)/ISA-700-(Ireland). This description forms part of our auditor's report.

The purpose of our audit work and to whom we owe our responsibilities

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.

Owen Hickey for and on behalf of:

15 May 2019

H&A Accountancy Services Limited t/a Hickey & Associates Chartered Accountants Statutory Auditors Unit 2, Bowling Green White Street Cork

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING THE INCOME AND EXPENDITURE ACCOUNT)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

	Notes	Restricted funds €	Unrestricted funds €	Total 2018 €	Total 2017 €
Incoming Resources from:					
Private donations		-	1,120	1,120	100
Investment income		-	36	36	108
Grant income		1,190,497	22,470	1,212,967	1,179,251
Total incoming resources	3	1,190,497	23,626	1,214,123	1,179,459
Resources Expended on:					
Payroll costs including social insurance costs		(917,108)	-	(917,108)	(861,016)
Pension costs		(22,717)	-	(22,717)	(20,360)
Recruitment costs		(6,888)	-	(6,888)	(4,000)
Data collection costs		(10,323)	-	(10,323)	(10,323)
Data collection travel costs		(40,977)	-	(40,977)	(36,254)
Travel, meetings and conferences		(48,743)	-	(48,743)	(33,163)
Premises costs		(26,623)	-	(26,623)	(38,964)
Professional and related fees		(53,471)	(15,000)	(68,471)	(50,016)
IT costs		(44,897)	-	(44,897)	(44,664)
Intern cost		(15,000)	-	(15,000)	(29,690)
Other administration costs		(6,013)	-	(6,013)	(14,848)
Total resources expended	4	(1,192,760)	(15,000)	(1,207,760)	(1,143,298)
Net movement in funds for the financial year before taxation		(2,263)	8,626	6,363	36,161
Tax on net movement	9	-	-	-	-
Net movement in funds for the financial year		(2,263)	8,626	6,363	36,161
Reconciliation of funds:		€	€	€	€
Net movement in funds for the financial year		(2,263)	8,626	6,363	36,161
Transfer at year end to unrestricted funds		2,263	(2,263)	-	-
Balances brought forward		_	198,039	198,039	161,878
Balances carried forward			204,402	204,402	198,039

BALANCE SHEET AS AT 31 DECEMBER 2018

	Notes	201 €	8	2017 €	7 €
Fixed assets Tangible assets	10		4,081		5,441
Current assets Debtors Cash at bank and in hand	12	77,522 369,919		131,085 226,590	
Creditors: amounts falling due within one year	13	447,441 (247,120)		357,675 (165,077)	
Net current assets			200,321		192,598
Total assets less current liabilities			204,402		198,039
Funds of the charity Restricted funds Unrestricted funds			- 204,402		- 198,039
Total charity funds			204,402		198,039

The financial statements were approved by the board of directors and authorised for issue on 15 May 2019 and are signed on its behalf by:

Margaret Kelleher

Director

Dave Drohan **Director**

STATEMENT OF CHANGES IN FUNDS FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

	RestrictedUi reserves €	nrestricted reserves €	Total €
Balance at 1 January 2017	-	161,878	161,878
Financial year ended 31 December 2017: Net movement in funds for the financial year Balance at 31 December 2017		36,161 ——— 198,039	36,161 ——— 198,039
Financial year ended 31 December 2018:	-	190,039	196,039
Net movement in funds for the financial year		6,363	6,363
Balance at 31 December 2018		204,402	204,402

STATEMENT OF CASH FLOWS FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

	Notes	2018 €	€	201 ⁻	7 €
Cash flows from operating activities	110100	·	Č	•	J
Cash generated from/(absorbed by) operations	19	14	43,293		(100,439)
Investing activities				(0.004)	
Purchase of tangible fixed assets Interest received		36		(6,801) 108	
Net cash generated from/(used in) inve	esting		36		(6,693)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and ca equivalents	ısh	1	43,329		(107,132)
Cash and cash equivalents at beginning of financial year	of	2	26,590		333,722
Cash and cash equivalents at end of fi	nancial	30	69,919		226,590
		=			

NOTES TO THE FINANCIAL STATEMENTS FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

1 Accounting policies

Company information

Suicide Research Foundation Company Limited by Guarantee is primarily engaged in the investigation into the causes of suicide and self-harm in Ireland and undertaking research into various topics relating to suicide and self-harm in order to provide a knowledge base for suicide prevention, intervention and postvention and to provide training and positive mental health programmes.

Suicide Research Foundation Company Limited by Guarantee is a company limited by guarantee without a share capital, and is domiciled and incorporated in Ireland, company registration number 224676. The company is tax resident in Ireland.

The registered office is 1 Perrott Avenue, College Road, Cork. The company's principal place of business is 4.36 Western Gateway Building, University College Cork, Cork.

The financial statements have been prepared by Suicide Research Foundation Company Limited by Guarantee 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 as modified by the Statement of Recommended Practice "Accounting and Reporting by Charities" effective 1 January 2015.

The significant accounting policies adopted by the company and applied consistently in the preparation of the financial statements are set out below.

1.1 Basis of preparation

The financial statements are prepared in accordance with applicable law and the accounting standards issued by the Financial Reporting Council and promulgated by Chartered Accountants Ireland (FRS 102, the Financial Reporting Standard applicable in the UK and Republic of Ireland as modified by the Statement of Recommended Practice "Accounting and Reporting by Charities" effective 1 January 2015), which have been applied consistently (except as otherwise stated).

The financial statements are prepared under the historical cost convention and on a going concern basis, modified to include certain items at fair value.

The financial statements are prepared in euros, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest €.

1.2 Going concern

At the time of approving the financial statements, the directors have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Thus the directors continue to adopt the going concern basis of accounting in preparing the financial statements.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

1 Accounting policies

(Continued)

1.3 Incoming resources

Incoming resources are recognised in the financial year in which the charity is entitled to the income, when the amount of income can be measured reliably and it is probable that the income will be received.

Incoming resources represent grant income, private donations and investment income.

Grants from government and other agencies have been included in income from activities in furtherance of the charity's objectives where these amount to a contract for services provided, for example monies received for core funding, but as donations where the funds are given with greater freedom of use.

Income from government and other grants is recognised when the charity has entitlement to the funds, any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. Grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance and included within grant income.

Voluntary donations are recognised when the charity is entitled to the income, has certainty of receipt and the amount can be measured with sufficient reliability.

Investment income is included when receivable and the amount can be reliably measured, which is normally upon notification of the interest paid or payable by the bank.

Grants relating to expenditure to be incurred in a future accounting period received in advance are deferred and recognised in the financial period to which they relate.

No incoming resources have been included in the statement of financial activities net of expenditure.

1.4 Resources expended

Resources expended are recognised on an accruals basis as a liability is incurred. Resources expended include any VAT which cannot be recovered, and are reported as part of the expenditure to which it relates. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis, for example on estimated usage.

Resources expended have been allocated to the categories listed on the statement of financial activities.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Professional and related fees, IT costs and other administration costs are costs associated with meeting the constitutional and statutory requirements of the charity and include audit and accountancy fees, costs of legal advice, maintenance of the data base and its security and costs linked to the strategic management of the charity including the cost of directors' meetings.

Resources expended are allocated based on activity (no fund raising activities) and liabilities are recognised as soon as there is a legal or constructive obligation to make a transfer of value to a third party as a result of past transactions or events.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

1 Accounting policies

(Continued)

1.5 Allocation of support and governance costs

Support costs represent indirect charitable expenditure. In order to carry out the primary purposes of the charity it is necessary to provide support in the form of personnel development, financial procedures, provision of office services and equipment and a suitable working environment.

Governance costs comprise the costs involving public accountability of the charity (including audit fees) and costs in respect of its compliance with regulation and good practice.

Support and governance costs are apportioned directly to the activity to which they relate.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at historical cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Computer equipment

20% Straight line basis

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is credited or charged to the statement of financial activities.

The company's policy is to review the remaining useful economic lives and residual values of assets on an ongoing basis and to adjust the depreciation charge to reflect the remaining estimated useful economic life and residual value.

1.7 Impairment of fixed assets

At each reporting end date, the company reviews the carrying amounts of its tangible and intangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any). Where it is not possible to estimate the recoverable amount of an individual asset, the company estimates the recoverable amount of the cash-generating unit to which the asset belongs.

Recoverable amount is the higher of fair value less costs to sell and value in use. In assessing value in use, the estimated future cash flows are discounted to their present value using a pre-tax discount rate that reflects current market assessments of the time value of money and the risks specific to the asset for which the estimates of future cash flows have not been adjusted.

If the recoverable amount of an asset (or cash-generating unit) is estimated to be less than its carrying amount, the carrying amount of the asset (or cash-generating unit) is reduced to its recoverable amount. An impairment loss is recognised immediately in surplus or deficit, unless the relevant asset is carried at a revalued amount, in which case the impairment loss is treated as a revaluation decrease.

Recognised impairment losses are reversed if, and only if, the reasons for the impairment loss have ceased to apply. Where an impairment loss subsequently reverses, the carrying amount of the asset (or cash-generating unit) is increased to the revised estimate of its recoverable amount, but so that the increased carrying amount does not exceed the carrying amount that would have been determined had no impairment loss been recognised for the asset (or cash-generating unit) in prior years. A reversal of an impairment loss is recognised immediately in surplus or deficit, unless the relevant asset is carried at a revalued amount, in which case the reversal of the impairment loss is treated as a revaluation increase.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

1 Accounting policies

(Continued)

1.8 Cash at bank and in hand

Cash and cash equivalents are basic financial assets and include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Trade debtors, loans and other receivables that have fixed or determinable payments that are not quoted in an active market are classified as 'loans and receivables'. Loans and receivables are measured at amortised cost using the effective interest method, less any impairment.

Interest is recognised by applying the effective interest rate, except for short-term receivables when the recognition of interest would be immaterial. The effective interest method is a method of calculating the amortised cost of a debt instrument and of allocating the interest income over the relevant period. The effective interest rate is the rate that exactly discounts estimated future cash receipts through the expected life of the debt instrument to the net carrying amount on initial recognition.

Impairment of financial assets

Financial assets, other than those held at fair value through surplus and deficit, are assessed for indicators of impairment at each reporting end date.

Financial assets are impaired where there is objective evidence that, as a result of one or more events that occurred after the initial recognition of the financial asset, the estimated future cash flows have been affected. If an asset is impaired, the impairment loss is the difference between the carrying amount and the present value of the estimated cash flows discounted at the asset's original effective interest rate. The impairment loss is recognised in the statement of financial activities.

If there is a decrease in the impairment loss arising from an event occurring after the impairment was recognised, the impairment is reversed. The reversal is such that the current carrying amount does not exceed what the carrying amount would have been, had the impairment not previously been recognised. The impairment reversal is recognised in the statement of financial activities.

Classification of financial liabilities

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

1 Accounting policies

(Continued)

Basic financial liabilities

Basic financial liabilities, including creditors, bank loans, loans from fellow group companies and preference shares that are classified as debt, are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

1.10 Taxation

No charge to current or deferred taxation arises as the charity has been granted charitable status under sections 207 and 208 of the Taxes Consolidation Act 1997, Charity Number CHY 11351.

1.11 Employee benefits

The costs of short-term employee benefits are recognised as a liability and an expense, unless those costs are required to be recognised as part of the cost of stock or fixed assets.

The cost of any unused holiday entitlement is recognised in the financial year in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.12 Retirement benefits

The company contributes to various defined contribution pension plans for the benefit of its employees. The cost to the company of the contributions payable are charged to the statement of financial activities in the financial year they are payable. The pension plans are held in the names of the individual employees/ members and thus the assets held in those plans are not included in the company's assets.

1.13 Government grants

Current revenue grants are recognised at the fair value of the asset received or receivable when there is reasonable assurance that the grant conditions will be met and the grants will be received. Revenue grants are credited to the statement of financial activities in the financial year in which they are received, or when the relative expenditure takes place, whichever is the later.

1.14 Foreign exchange

Monetary assets and liabilities denominated in foreign currencies are translated into euro at the rates of exchange ruling at the financial year end. Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction payment or receipt. All differences in foreign currency translations between the rates ruling at the dates of the transactions and the dates of payment or receipt are credited or debited to the statement of financial activities.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

1 Accounting policies

(Continued)

1.15 Borrowings

Borrowings are recognised at the transaction prices (present value of cash payable to the creditors). Interest expenses are recognised in the statement of financial activities in the financial year in which they are charged.

Borrowings are classified as appropriate, given that the company has a right to defer settlement of some of the liabilities for at least 12 months after the reporting date.

1.16 Fund accounting

The following funds are operated by the charity:

Restricted Funds

Restricted Funds represent grants, donations and sponsorships received which can only be used for particular purposes specified by the donors or sponsorship programmes binding on the directors/trustees. Such purposes are within the overall aims of the charity.

Unrestricted Funds

Unrestricted Funds includes general funds and designated funds and it represent amounts which are expendable at the discretion of the directors/trustees in furtherance of the objectives of the charity and which have not been designated for other purposes. Such funds may be held in order to finance working capital or capital expenditure.

1.17 Services provided by directors/trustees

For the purposes of these financial statements, no monetary value has been placed on the administrative and management services provided by the directors/trustees, except under contracts of employment by the company.

2 Judgements and key sources of estimation uncertainty

In the application of the company's accounting policies, the directors are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the financial year in which the estimate is revised where the revision affects only that financial year, or in the financial year of the revision and future financial years where the revision affects both current and future financial years.

The estimates and assumptions which have a significant risk of causing a material adjustment to the carrying amount of assets and liabilities are outlined below.

Critical judgements

Debtors accruals and deferred income

The company estimates the debtors accruals and deferred income liabilities in relation to projects on a basis of performance carried out under the contract before and after the financial year end. The basis for each debtor's accrual and deferred income liability is the contract term remaining as a proportion of the entire contract term in relation to the total funds received/receivable under the contract by the financial year end date less funding already received up to 31 December of each financial year.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

3 Incoming resources

The incoming resources of the company for the financial year have been wholly derived from its principal activity and is mostly undertaken in the Republic of Ireland.

Grant income comprises restricted revenue grants made by the Health Service Executive (HSE) and other agencies to fund the provision of specific deliverables under performance related contracts with each of the agencies. The amounts of such grants received in the financial year from each agency is detailed below. All grants from the Health Service Executive and other agencies where performance conditions were attached are classified as grant income in the statement of financial activities.

The incoming resources for the financial year have been derived from:

•	
€	€
Restricted Income	
HSE NOSP - National Suicide Research Foundation 300,000 3	00,000
HSE NOSP - National Self-Harm Registry Ireland 552,779 5	36,001
HRB ICE funding -	33,682
Donegal Mental Health Service - Donegal Study 69,055	65,078
HSE NOSP/CHO 4 - National Dialectical Behaviour Therapy Project 155,580 1	44,513
HSE NOSP Information Officer funding -	9,848
HRB SSIS ACE funding -	16,290
International Association for Suicide Prevention Project 8,847	7,870
Electric Aid funding -	4,952
Assist Evaluation funding -	3,526
Manchester Pharma Study income -	10,508
World Health Orgnaisation Collaborating Centre 7,767	2,387
HRB KEDS funding -	10,392
Royal College of Surgeons in Ireland Health Research Board Project 19,855	3,143
HSE NOSP/CHO 4 GLOW Project 6,168	-
World Health Organisation Commissioned Work 10,239	-
HSE NOSP - Coronial Data Project 27,960	-
Northern Ireland Registry of Self-Harm 32,247	31,061
1,190,497 1,1	79,251
 =	
<u>Unrestricted Income</u>	
Overhead funding 22,470	-
Private donations 1,120	100
23,590	100
=====================================	
Total funding 1,214,087 1,1	79,351
======================================	

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

Analysis of Resources Expended				
	Foundation and Research	Registry	2018 €	2017 €
Wages and salaries including social				
insurance costs	468,566	448,542	917,108	861,016
Pension costs	17,316	5,401	22,717	20,360
Recruitment costs	3,444	3,444	6,888	4,000
Data collection costs	_	10,323	10,323	10,323
Data collection travel costs	_	40,977	40,977	36,254
Travel, meetings and conferences	34,783	13,960	48,743	33,163
Fees and subscriptions	48,235	6,460	54,695	36,240
Stationery, printing and postage	1,129	4,194	5,323	14,149
Telephones	1,988	717	2,705	2,800
Rent	11,400	4,000	15,400	24,600
Insurance	3,579	3,579	7,158	7,122
Bank charges	345	345	690	699
Accountancy fees	3,198	3,198	6,396	6,000
Audit fees	3,690	3,690	7,380	7,776
Computer running costs	20,765	24,132	44,897	44,664
•	20,705	24,132	44,097	234
Sundry expenses	-	45.000	45.000	
Intern cost	-	15,000	15,000	29,690
Depreciation		1,360	1,360	4,208
	618,438	589,322	1,207,760	1,143,298
Auditor's remuneration			2040	2047
Fees payable to the company's auditors:			2018 €	2017 €
For audit services				
Audit of the financial statements of the compa	any		7,380	7,776
For other services				
All other non-audit services			6,396 ———	6,000
Net Incoming Resources				
-			2018	2017
Net Incoming resources are stated after charge	ging:		€	€
			1,360	4,208

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

7 Employees

The average monthly number of persons (including directors) employed by the company during the financial year was:

	2018 Number	2017 Number
Foundation	14	15
Registry	14 	14
	28	29
		
Their aggregate remuneration comprised:		
	2018	2017
	€	€
Wages and salaries	840,197	785,447
Social security costs	76,911	75,569
Pension costs	22,717	20,360
	939,825	881,376

No remuneration was paid to any director during the financial year and the directors had no financial interests in the company at any time during the financial years. There was one employee (2017: One) who received employee benefits excluding employer pension costs of between €70,000 and €80,000 during the financial year.

8 Interest receivable and similar income

intoroct rocorvatio and ominar incomo	2018 €	2017 €
Interest income Interest on bank deposits	<u>36</u>	108
Investment income includes the following:		
Interest on financial assets not measured at fair value through statement of financial activities	36	108

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

9 Taxation

The company has obtained exemption from the Revenue Commissioners in respect of corporation tax, it being a company not carrying on a business for the purpose of making a surplus. DIRT tax is payable on any interest income received in excess of €32. No provision has been made in these financial statements for corporation tax as the company is exempt from corporation tax.

No provision has been made in the financial statements for deferred tax as the company is exempt from corporation tax.

10 Tangible fixed assets

		Compu	ter equipment €
	Cost		e
	At 1 January 2018 and 31 December 2018		31,064
	Depreciation and impairment		
	At 1 January 2018		25,623
	Depreciation charged in the financial year		1,360
	At 31 December 2018		26,983
	Carrying amount		
	At 31 December 2018		4,081
	At 31 December 2017		5,441
11	Financial instruments		
		2018 €	2017 €
	Carrying amount of financial assets	•	C
	Debt & other financial instruments measured at amortised cost	447,441	357,675
	Debt & Other illiancial instruments measured at amortised cost		=====
	Carrying amount of financial liabilities		
	Measured at amortised cost	225,141	144,674
12	Debtors		
		2018	2017
	Amounts falling due within one year:	€	€
	•		
	Accrued income	76,131	130,282
		76,131 1,391	130,282

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

13	Creditors: amounts falling due within one year		
		2018	2017
		€	€
	PAYE and social security	21,979	20,403
	Accruals	105,704	81,239
	Deferred income	119,437	63,435
		247,120	165,077

Deferred income relates to grants received under contracts where the performance conditions have not been completed by the financial year end as the periods of these contracts extend over more than one financial year. All such funding received is deferred until the performance conditions have been met in accordance with the contracts.

14 Retirement benefit schemes

Defined contribution schemes	2018 €	2017 €
Charge to statement of financial activities in respect of defined contribution schemes	22,717	20,360

The company operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the company in an independently administered fund.

15 Members' liability

The company is limited by guarantee, not having a share capital and consequently the liability of members is limited, subject to an undertaking by each member to contribute to the net assets or liabilities of the company on winding up such amounts as may be required not exceeding €1 per member.

16 Analysis of Net Assets by Fund

	Fixed Assets	Current assets	Current liabilities	Closing Balance
	€	€	€	€
Unrestricted income				
Unrestricted Funds	-	214,952	(10,550)	204,402
Restricted income				
Restricted Funds	4,081	232,489	(236,570)	-
	4.004		(0.17.100)	
	4,081	447,441	(247,120)	204,402
				

17 Events after the reporting date

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations or the state of the affairs of the company in the financial period subsequent to the financial year ended 31 December 2018.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

18 Related party transactions

During the financial year no remuneration or reimbursement of expenses was made to directors in connection with their duties as directors.

19 Cash generated from operations

generales nem epotations	2018 €	2017 €
Net incoming resources for the financial year after tax	6,363	36,161
Adjustments for: Investment income Depreciation and impairment of tangible fixed assets	(36) 1,360	(108) 4,208
Movements in working capital: Decrease/(increase) in debtors Increase/(decrease) in creditors	53,563 82,043	(43,088) (97,612)
Cash generated from operations	143,293	(100,439)

20 Approval of financial statements

The directors approved the financial statements on the 15 May 2019

MANAGEMENT INFORMATION

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2018

	6	2018	C	2017
	€	€	€	€
Foundation income		322,470		300,000
HSE NOSP - National Suicide Research	000 000		000 000	
Foundation	300,000		300,000	
Overhead funding	22,470			
Foundation costs				
Salaries & wages	(203,004)		(171,109)	
Social welfare costs	(16,761)		(17,034)	
Staff recruitment costs	(3,444)		(4,000)	
Staff pension costs defined contribution	(9,529)		(6,168)	
Rent	(11,400)		(24,600)	
Insurance	(3,579)		(3,561)	
Travelling expenses	(4,558)		(70)	
Meeting & conference costs	(7,877)		(6,831)	
Postage, printing & stationery	(1,003)		(5,502)	
Bank charges	(345)		(349)	
Fees, training & subscriptions	(6,011)		(4,097)	
Accountancy fees	(3,198)		(3,000)	
Audit fees	(3,690)		(3,888)	
Computer running costs	(20,765)		(14,860)	
Telecommunications	(733)		(1,837)	
Sundry expenses	-		(117)	
		(295,897)		(267,023)
		26,573		32,977
HRB ICE		-		-
Funding receivable	-		33,682	
Salaries & wages	-		(25,534)	
Social welfare costs	-		(2,663)	
Travel costs	-		(48)	
Fees & subscriptions	-		(2,500)	
Meetings & conferences	-		(774)	
Pension costs	-		(2,163)	
HRB SSIS ACE		_		_
Funding receivable	-		16,290	
Salaries & wages	-		(9,263)	
Social welfare costs	-		(847)	
Travel costs	-		(648)	
Telephone	-		(205)	
Fees & subscriptions	-		(2,280)	
-			(3,047)	

		2018		201
	€	€	€	•
International Association for Suicide Preventio	n			
Project Funding receivable	8,847	-	7,870	
Salaries & wages	(8,151)		(5,995)	
Social welfare costs	(696)		(513)	
Travel costs	-		(1,362)	
Donegal Mental Health Service - Donegal Study		-		
Funding receivable	69,055		65,078	
Salaries & wages	(52,067)		(52,067)	
Social welfare costs	(5,649)		(5,597)	
Travel costs	(961)		(1,957)	
Stationery & printing	-		(15)	
Fees & subscriptions	(4,694)		-	
Meetings & conferences	(1,484)		(892)	
Pension costs	(4,200)		(4,550)	
HSE NOSP - National Dialectical Behaviour				
Therapy Project Funding receivable	155,580	-	144,513	
Salaries & wages	(119,415)		(117,404)	
Social welfare costs	(12,365)		(11,538)	
Travel costs	(627)		(4,584)	
Stationery & supplies	(126)		(144)	
Fees & subscriptions	(11,745)		(10,000)	
Meetings & conferences	(11,302)		(843)	
HSE NOSP Information Officer		_		
Funding receivable	-		9,848	
Salaries & wages	-		(6,554)	
Social welfare costs	-		(646)	
Fees & subscriptions	-		(2,648)	
Manchester Pharma Study		_		
Funding receivable	_		10,508	
Salaries & wages	_		(10,000)	
Fees & subscriptions	_		(93)	
Fees & subscriptions	_		(295)	
Meetings & conferences	-		(120)	
World Health Organisation Collaborating Centr	 e	-		
Funding receivable	7,767		2,387	
Travel costs	(1,235)		(1,125)	
Telephones	(1,255)		-	
Fees and subscriptions	(3,816)		-	
Meetings & conferences	(1,461)		(1,262)	

	€	2018 €	€	2017
UDD VEDS Drainet				
HRB KEDS Project		-	10,392	
Funding receivable Travel costs	-		(134)	
Fees & subscriptions	-		(7,199)	
Pension costs	_		(3,059)	
T CHOICH COOLS			(0,000)	
Electric Aid Project		_		
Funding receivable	-		4,952	
Stationery, printing & postage	-		(2,145)	
Fees & subscriptions	-		(2,807)	
Assist Evaluation Project		-		
Funding receivable	-		3,526	
Salaries & wages	-		(3,250)	
Social welfare costs	-		(276)	
Royal College of Surgeons in Ireland -		-		
Health Research Board Project				
Funding receivable	19,855		3,143	
Salaries & wages	(13,167)		(2,561)	
Social welfare costs	(1,441)		(358)	
Fees & subscriptions	(4,124)		- (004)	
Pension costs	(1,123)		(224)	
HSE NOSP/CHO 4 GLOW Project		_		
Funding receivable	6,168		_	
Salaries & wages	(2,819)		_	
Social welfare costs	(214)		_	
Travel & subsistence costs	(290)		_	
Fees & subscriptions	(2,845)		-	
•				
World Health Organisation Commissioned Work		-		
Funding receivable	10,239		-	
Salaries & wages	(8,092)		-	
Social welfare costs	(791)		-	
Travel costs	(598)		-	
Meetings & conferences	(758)		-	
HSE NOSP - Coronial Data Project		-		
Funding receivable	27,960		-	
Salaries & wages	(21,331)		-	
Social welfare costs	(2,603)		-	
Travel costs	(1,314)		-	
Meetings & conferences	(248)		-	
Pension costs	(2,464)		_	

	€	2018 €	€	2017 €
Our Mental Health Fees & subscriptions	(15,000)	(15,000)		-
Private donations		1,120		100
Foundation net movement in funds		12,693		33,077
HSE NOSP - National Self-Harm Registry Ireland Funding receivable		552,779		536,001
National Self-Harm Registry costs Wages and salaries Social welfare costs Staff recruitment costs Staff pension costs defined contribution Data collectors Data collection travel costs Rent Fees to UCC - HRB scholar Insurance Travelling expenses Meetings & conferences Stationery, printing & postage Bank charges Fees, training & subscriptions Accountancy Audit fees Computer running costs Telecommunications Sundry expenses Depreciation	(412,151) (36,391) (3,444) (5,401) (10,323) (40,977) (4,000) (15,000) (3,579) (2,335) (11,625) (4,194) (345) (6,460) (3,198) (3,690) (24,132) (717)		(381,710) (36,097) - (4,196) (10,323) (36,254) - (29,690) (3,561) (2,057) (6,035) (6,343) (350) (4,414) (3,000) (3,888) (29,804) (758) (117) (4,208)	
National Self-Harm Registry net movement in fun	do	(589,322)		(562,805)

	€	2018 €	€	2017 €
Northern Ireland Registry of Self-Harm Funding receivable Travel costs Meetings costs	32,247 (525) (1,545)	30,177	31,061 (160) (1,121)	29,780
Northern Ireland Statistical Consultancy		30,177		29,780
Overall National Self Harm Registry net moveme	nt in funds	(6,366)		2,976
Overall operating net movement in funds		6,327		36,053