

NSRF

ANNUAL REPORT
2020

ENTER >



National Suicide Research Foundation

Published by National Suicide Research Foundation
Compiled by: Mr Niall McTernan
Designed by: Mr Alan O'Shea
Acknowledgements: Ms Fenella Ryan

ISSN 2712-0341

Hard copies of the Annual Report are available from:
National Suicide Research Foundation,
4.28 Western Gateway Building,
University College Cork,
Cork,
Ireland.

Tel: +353 21 420 5551
Email: **infonsrf@ucc.ie**

Electronic copies of the Annual Report are available from the
National Suicide Research Foundation website: **www.nsrp.ie**

Table of Contents

2	Foreword	32	(3) Assessment and Management of Self-Harm and Depression
4	Highlights of the Year	32	- Development of a Self-Harm Assessment and Management programme for General Hospitals (SAMAGH)
4	Activities Overview	33	- Emerging Investigators Award – PRISM
5	- Outcomes and Impact of NSRF research	34	- Self-Harm and Suicide AwaREness – SHARE
8	- Research Dissemination	34	- EAAD-Best
10	- Deliverables and events related to NSRF Projects	35	(4) Suicide and Self-Harm among Older and Young People
12	- International collaborations related to COVID-19	35	- Applying Research into Policy and Practice Award - Youth self-harm and suicide - Predictors of onset, escalation and premature mortality
13	- Awards and achievements	36	(5) Clinical Subgroups
14	Governance and Personnel	36	- Improving Prediction and Risk Assessment of Suicide and Self-Harm (IMPRESS)
14	- Priorities and values	37	- Deaths amongst Mental Health Services Patients
15	- Structure, Governance and Management	38	(6) Suicide, Self-Harm and Mental Health in the Workplace
17	- Principles of Good Governance	38	- Mental Health Promotion and Intervention in Occupational Settings (MENTUPP)
18	- NSRF Strategic Research Clusters	39	(7) Bereavement following Suicide
18	- Governance Structure	39	- Profile and outcomes of individuals attending a suicide bereavement peer-support group
19	- Personnel in 2020	40	(8) Suicide and the Media
	Strategic Research Clusters	40	- The role of the media in suicide prevention
	* Some research projects match the objectives of more than one research cluster, projects will be aligned to their primary grouping.	41	(9) Restricting access to Lethal Means
21	(1) Surveillance of Self-Harm, Suicide and Mental Health Problems	41	- Individual and Ecological Factors Associated with Intentional Drug Overdose
21	- National Self-Harm Registry Ireland	42	(10) Other
23	- Northern Ireland Registry of Self-Harm	42	- C-SSHRI: Connecting Suicide and Self-Harm Researchers on the island of Ireland
25	- Self-Harm in Irish Prisons: The Self-Harm Assessment and Data Analysis (SADA) Project	43	Publications
25	- Suicide Support and Information System (SSIS)	46	Membership of Committees and Steering Groups
26	- Suicide and Self Harm Observatory (SSHO)	48	Financial Statements
27	- WHO Collaborating Centre for Surveillance and Research in Suicide Prevention		
28	- The National Household Survey		
29	(2) Programme Evaluation		
29	- The National Dialectical Behaviour Therapy (DBT) Project		
30	- Open Dialogues Project		
30	- 50808 Project		
31	- Evaluation of the ICGP Training		

Foreword

This Annual Report of the National Suicide Research Foundation (NSRF) serves a dual purpose. It contains the Members' Report and Financial Statements for the year ended December 31st 2020, as tabled at the meeting of the Board of Directors held on April 28th 2021 and at the Annual General Meeting of the Board of Members held on September 29th 2021. This Report also contains a summary of the research and associated activities undertaken by the NSRF team. Throughout the report there is a focus on research undertaken in 2020 but, as many research studies are ongoing over two years or more, there are also references to milestones and deliverables in 2021 and succeeding years.

The mission of the NSRF is to provide a nationally and internationally recognised body of reliable knowledge from a multi-disciplinary perspective on the risk and protective factors associated with suicidal behaviour with an ultimate aim of providing solid evidence to inform policy development and intervention in the prevention of suicide and the management of patients presenting with self-harm. The members of the research team represent a broad range of disciplines, including psychology, epidemiology, biostatistics, social science, applied social studies, public health and health services research.

The NSRF was established by the late Dr Michael J Kelleher in November 1994 as the Suicide Research Foundation Limited and, in 2001, the Registrar of Business Names granted permission for the use of the name of National Suicide Research Foundation. The NSRF relocated to the Western Gateway Building in University College Cork in 2012 as part of the National Health Services Research Institute, established with capital funding from the Higher Education Authority's (HEA) Programme for Research in Third Level Institutes V and has signed a Research Collaboration Agreement with University College Cork. In 2015, the NSRF was designated by the World Health Organisation (WHO) as a Collaborating Centre for Surveillance and Research in Suicide Prevention and following a rigorous review process the designation was renewed by the WHO in 2019. During 2020, the NSRF received an increasing number of requests from WHO to provide technical support for self-harm and suicide prevention initiatives in multiple countries.

The NSRF is constituted as a company limited by guarantee (Company Number 224676) as set out under the Companies Act 2014. Its purpose and objects and how it conducts its business are set out in its Constitution which is posted on its website www.nsr.ie under the About Us section. The organisation is governed by its Constitution and is managed by a Board of Directors. The Constitution is publicly available from the

Companies Registration Office website www.cro.ie, in addition to the Charities Regulatory Authority website www.charitiesregulator.ie. The Registered Charity Number (RCN) is 20030889. The NSRF has been granted charitable status under Sections 207 and 208 of the Taxes Consolidation Act 1997; the Charity Tax Number is CHY11351.

In line with requirements of the Companies Act 2014, the Financial Statements 2020 have been prepared by independent auditors H&A Accounting Services Limited t/a Hickey & Associates, Cork. The NSRF has opted to report in accordance with the 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 January 1st 2015 (SORP). The Financial Statements 2020 have been approved by the Board of Directors and have been submitted to the Companies Registration Office. The turnover in 2020 was €1,226,259 and the net surplus for the year after taxation was €67,303 (€5,726 in unrestricted funds; €61,577 restricted funds brought forward to 2021). The NSRF employed 32 people during 2020. Costs in respect of salaries and and social security costs were €976,483; total resources expended were €1,158,956. We are grateful to Ms Shelley Meenehan of Hickey & Associates for her sterling work on the audit of the NSRF accounts.

In 2020, the NSRF co-ordinated the following surveillance systems: the National Self-Harm Registry Ireland; the Suicide and Self-Harm Observatory and the Suicide Support and Information System. It also worked collaboratively with the Northern Ireland Public Health Agency in providing statistical analysis and verification of data in relation to the Northern Ireland Self-Harm Registry and with the Irish Prison Service on the Surveillance and Monitoring of Self-Harm in Irish Prisons. In addition, the NSRF co-ordinated more than 20 research projects in the area of suicide, self-harm and related mental health issues including the Individual and Ecological Factors Associated with Intentional Drug Overdose Study; The Role of the Media in Suicide Prevention Study and the Study of Deaths among Mental Health Services Patients. In January 2020, the NSRF and UCC co-hosted the kick off meeting of the EU Horizon 2020 funded project: Mental Health Promotion and Intervention in Occupational Settings (MENTUPP), involving 17 partners in 14 countries.

The NSRF meets requests for information from a wide range of stakeholders in policy, health and social services as well as the general population. In 2020, NSRF staff members co-authored 29 papers published in peer-review journals, including a num-

ber of high-impact journals and papers relating to the mental health impacts of the COVID-19 pandemic. In addition, NSRF staff members presented more than 45 lectures at local, national and international seminars and conferences (virtually) (see project updates pages 21-42).

In 2020, the NSRF was represented on more than 40 advisory and steering groups at national and international level (see pages 46 & 47) and NSRF staff members were involved in multiple international seminars and consultations as well as training programmes with the WHO.

The NSRF works closely with the Health Service Executive's National Office for Suicide Prevention (NOSP) in relation to providing research and evidence in line with the objectives of *Connecting for Life: Ireland's National Strategy to Reduce Suicide 2015-2024*. The NSRF has an Overall Agreement with NOSP for the duration of *Connecting for Life* and receives annual funding, subject to a Service Arrangement, for the running of the National Self-Harm Registry Ireland and agreed research projects in the area of improved quality in suicide prevention. Additionally, the NSRF has a long track record in obtaining grant funding from research-funding bodies and in 2020 saw an increase in successful funding awards including the application to the EU's CHAFEA programme for the EAAD-Best Project (Adapting and Implementing European Alliance Against Depression's Best Practice Model to Improve Depression Care and Prevent Suicidal Behaviour in Europe) which commenced in April 2021. A breakdown of the Income and Expenditure 2020, in respect of the different tranches of funding, is contained in the Financial Statements 2020 on pages 48 to 95.

Notable and successful events hosted by the NSRF in 2020 were firstly, the World Suicide Prevention Day webinar at which the keynote lecture was delivered by Professor Diego de Leo who was the initiator of World Suicide Prevention Day in 2003 and secondly, the webinar held in connection with World Mental Health Day, at which Professor David Gunnell gave the Dr Michael Kelleher Memorial Lecture. Both on-line events were very well attended, with over 350 people in attendance across both days.

When compiling the previous Annual Report in May 2020, the world was just beginning to appreciate the enormity of the impact of the COVID-19 pandemic. Since March 2020, in line with government and public health advice, NSRF staff members have worked at home and the NSRF has continued its operation in a virtual way. The vast majority of NSRF projects and activities have progressed in accordance with planned time frames and, in addition, the NSRF has responded to numerous requests throughout 2020 relating to the impacts of COVID-19 on mental health, suicide prevention and research from the NOSP, government departments, politicians, members of the public, academics, along with national and international organisations. The members of the NSRF team embraced the new ways of working enthusiastically and have engaged in superhuman efforts whilst juggling home and work commitments. We would like to recognise these efforts and to thank staff members for their dedication and hard work during these unprecedented times and look forward to continuing to work together in efforts to provide the strong research base necessary to underpin efforts in addressing suicide and self-harm as significant public health issues.



Dr Paul Corcoran
Head of Research

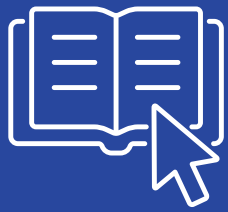


Ms Eileen Williamson
Chief Executive Officer



Professor Ella Arensman
Chief Scientist/ Professor
of Public Mental Health

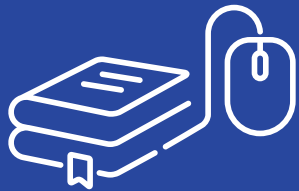
Highlights of the Year



Scopus
Citations

2,299

Journal Publications



29

Presentations

45



Social media
followers

2,347



Google Scholar Citations

3,840



Reports

4

Briefing
Documents

5



Parliamentary
Questions

4



Outcomes and Impact of NSRF research



In February, Professor Arensman presented at the International Association for Suicide Prevention/Australian Institute of Suicide Research and Prevention Australasian Research Workshop on suicide and self-harm in Queensland. The topic of Ella's presentation was 'Developing and Implementing a Real-Time Suicide Surveillance System: the Suicide and Self-Harm Observatory' based on the SSHO developed by the NSRF in the Cork region.

Mental health and work-related factors associated with suicide and suicide risk - During Covid-19

- Economic insecurity and closure of businesses could lead to 59 million jobs at risk in Europe and global job losses are estimated to be over 200 million, with 40% of the workforce employed with limited access to health services and social protection.
- Current forecasts indicate that two of three jobs at risk are in SMEs, where almost 93% of the European Union workforce are employed.
- Within this context, people with pre-existing mental health problems are twice as likely to become unemployed.
- Therefore, it is imperative that mental health interventions at the workplace, and in particular in SME settings, need to be prioritised.



In June, Professor Ella Arensman delivered a keynote lecture on the 'Impacts of COVID-19 on mental health and suicide risk in occupational setting: Implications for suicide prevention and research' at the Triple I conference, organised in collaboration with the International Association for Suicide Prevention. Findings from the MENTUPP project were discussed.

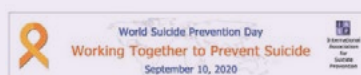
Professor Ella Arensman provided an overview of International suicide prevention initiatives during COVID-19 at the virtual National Office for Suicide Prevention 2019 annual report launch on September 4th. The aim of the presentation was to provide information to key stakeholders and policy makers based on international evidence and best practice.

International Perspective on Covid-19 and Suicide Prevention

Launch Seminar NOSP 2019 Annual Report
4th September 2020

Prof Ella Arensman

School of Public Health and National Suicide Research Foundation
WHO Collaborating Centre on Surveillance and Research in Suicide Prevention
University College Cork, Ireland
Australian Institute for Suicide Research and Prevention, Griffith University

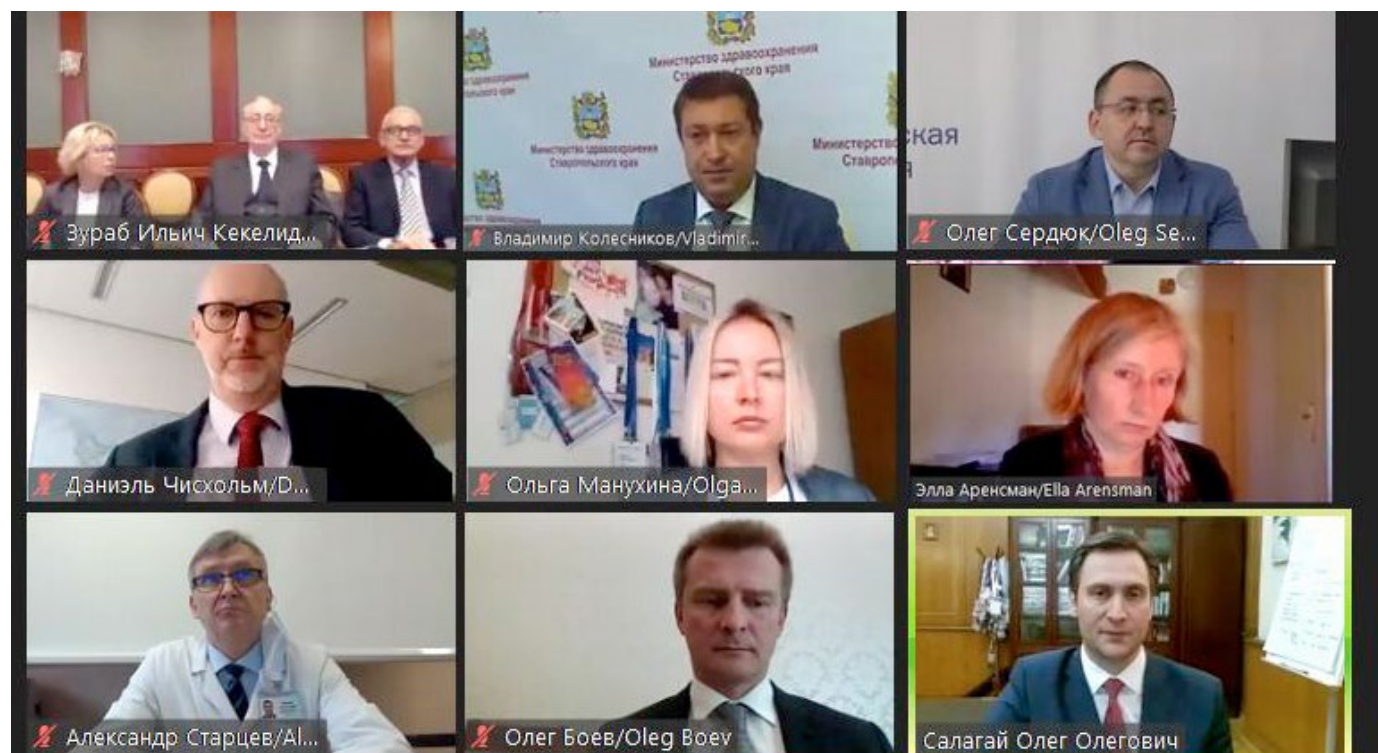


National Suicide Research Foundation

ucc

ICSPRC

International Association for Suicide Prevention



As part of the NSRF's designation as a WHO Collaborating Centre it launched the Russian language version of the E-Learning Programme on Establishing a Surveillance System for Suicide Attempts and Self-Harm at the Russian Scientific and Practical Web-Conference on September 9th: <https://tinyurl.com/y4kc6h6f>

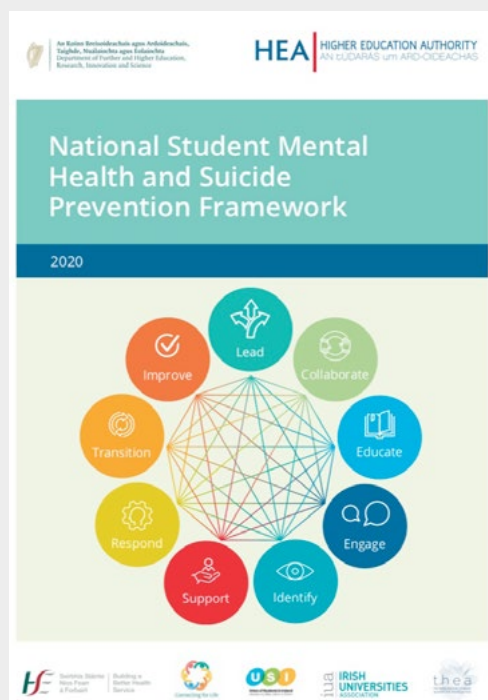
The website was designed and built by Leon Fan. The Russian version of the E-Learning Programme will facilitate training and capacity building in Russia, supporting a Multi-Centre Self-Harm Surveillance System in Russian speaking countries.



On October 5th and 6th Dr Caroline Daly and Dr Paul Corcoran presented at the 27th British Isles Research Workshop on Suicide and Self-Harm and The Lancet Psychiatry Suicide Symposium on the following topics:

- Impact of COVID-19 on hospital-presenting self-harm in Ireland
- A national case fatality study of drugs taken in intentional drug overdose

This forum provides excellent opportunities for collaboration between researchers in England, Wales, Scotland and the island of Ireland.



Eileen Williamson on behalf of the NSRF contributed to the National Student Mental Health and Suicide Prevention framework, launched on October 12th: <https://tinyurl.com/y2tobc9h>



Research conducted by Niall McTernan, Dr Grace Cully and Professor Ella Arensman contributed to the evidence-base for the updated Samaritans media guidelines for reporting suicide launched in August: <https://tinyurl.com/yxtpe247>

THE HARMFUL IMPACT OF SUICIDE AND SELF-HARM CONTENT ONLINE: A REVIEW OF THE LITERATURE

Niall McTernan
Fenella Ryan

National Suicide Research Foundation, Ireland

November 2020

On November 10th, the NSRF published a new report, authored by Niall McTernan and Fenella Ryan, which reviewed international literature relating to the harmful impact of exposure to suicide and self-harm content online: <https://tinyurl.com/y2uachuj>

Findings were presented to key stakeholders in the Department of the Environment, Climate and Communications and the Broadcasting Authority of Ireland. The report is part of ongoing work with stakeholders to explore ways of restricting access to sites that primarily exist to promote suicide or self-harm as outlined in *Connecting for Life*.

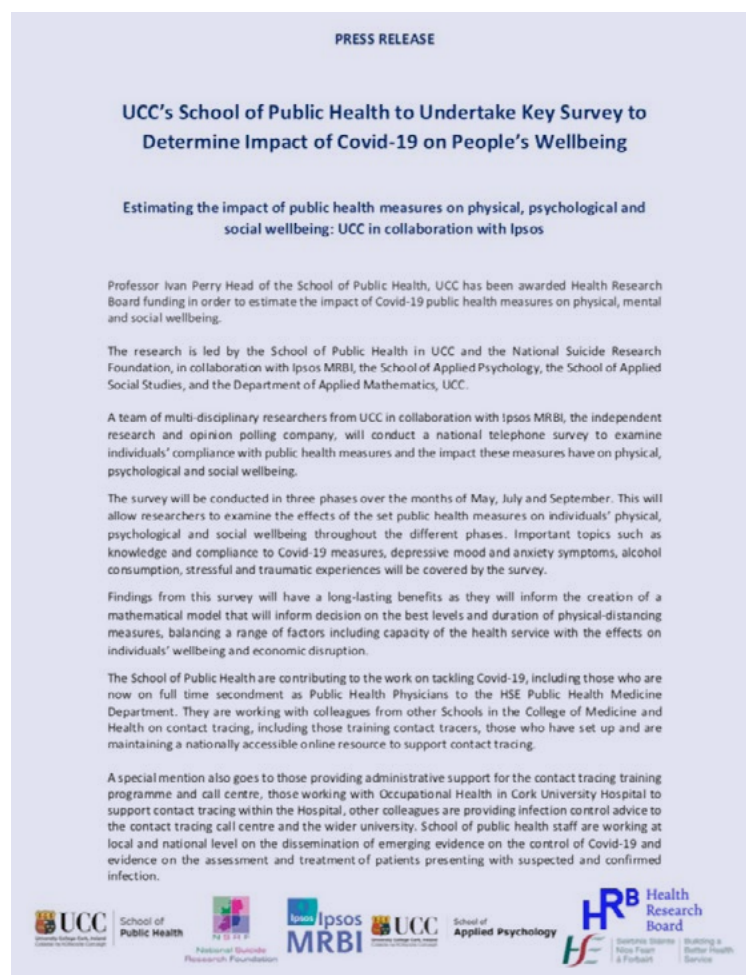
Research Dissemination



In January Professor Arensman presented on 'Self-harm and suicide in young people' at the Connecting for Life Dublin North City and County Conference - 'Connecting Our Communities'. Data from the National Self-Harm Registry Ireland was utilised in addition to NSRF publications.



On October 9th the NSRF hosted a Virtual Seminar on Suicide, Self-Harm and Mental Health. The seminar was attended by 200 delegates and included the Dr Michael Kelleher Memorial lecture delivered by Professor David Gunnell on 'COVID-19 and suicide emerging issues'. The programme included presentations from 21 researchers and 6 masterclasses.



On May 29th the NSRF prepared a press release detailing a new study aimed at estimating the impact of COVID-19 public health measures on physical, mental and social wellbeing. The NSRF was delighted to collaborate with the School of Public Health, Ipsos MRBI, the School of Applied Psychology, the School of Applied Social Studies, and the Department of Applied Mathematics, UCC on this important research programme led by Professor Ivan Perry and funded by the Health Research Board. The research aims to understand the community burden of COVID-19 and the impact of physical distancing on population wellbeing.



On International Workers Day (May 1st 2020) the MENTUPP consortium prepared a press release addressing the impacts of COVID-19 on Mental Health and Wellbeing in Small and Medium Enterprises, in collaboration with the European Alliance Against Depression. <https://tinyurl.com/ycvbm7xp>

On World Suicide Prevention Day the NSRF hosted a webinar on 'Priorities for mental health promotion and suicide prevention before, during and after COVID-19'.

The event was attended by over 150 people and included presentations from Emeritus Professor Diego De Leo (Australian Institute for Suicide Research and Prevention, Griffith University; Director, Slovene Centre for Suicide Research), Professor Ella Arensman and Dr Paul Corcoran.

World Suicide Prevention Day Webinar
Priorities for mental health promotion and suicide prevention before, during and after Covid-19

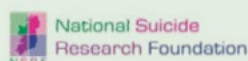
Speakers include:

- Prof Diego De Leo**
Australian Institute for Suicide Research and Prevention
Griffith University & De Leo Fund International
- Prof Ella Arensman**
National Suicide Research Foundation
School of Public Health, University College Cork
- Dr Paul Corcoran**
National Suicide Research Foundation
School of Public Health, University College Cork
- Dr Eve Griffin**
National Suicide Research Foundation
School of Public Health, University College Cork

Topics:

- Keynote:** The impacts of Covid-19 on mental health and suicidal behaviour among older people
- Priority groups before, during and after Covid-19
- Self-harm trends before and during Covid-19

Registration:
Pre-registration is required here:
<https://www.eventbrite.ie/e/nsrf-world-suicide-prevention-day-webinar-tickets-113748765620>



PRESS RELEASE

EU-funded Mental Health Promotion and Intervention in Occupational Settings

- EU-funded MENTUPP* project emphasizes the impact of COVID-19 on mental health
- Support for SMEs to tackle depression urgently needed
- Project MENTUPP*: New website <https://www.mentupproject.eu/>

Each year, around 20 million European citizens are affected from depression. Depression is a serious illness which impacts on all aspects of life, including work. While Small and Medium Sized enterprises particularly face substantial economic losses due to the global impact of COVID-19, the MENTUPP consortium anticipates, that capacities for mental health promotion and provision in Small and Medium Enterprises (SMEs) will be even more limited in the future. A second COVID-19 wave might further impact negatively on people affected by depression. This is why action on occupational mental health is urgently needed.

Resources for Small and Medium Sized Enterprises

"Limited capacities for mental health promotion and provision of adequate occupational mental health programmes for employees are a concern shared by most decision-makers in Small and Medium Sized Enterprises (SMEs)", says Prof. Ella Arensman, Coordinator of the MENTUPP project.

In the EU, these businesses contribute to more than 90% of the economy. Particularly, SMEs in the construction, healthcare and Information and Communications Technology (ICT) sectors have been associated with higher risk of mental health difficulties compared to other sectors. COVID-19 has significant short-term and long-term effects on the mental health people working in these sectors. In addition, the pandemic leads to increased stress, worry about employment and job uncertainty. At the same time, the care situation for patients with mental health conditions is currently impaired due to a shift of resources, and those in need of treatment are less likely to seek help (e.g. due to the personal perception that COVID-19 is currently more important/fear of infection), which further increases the risk of treatment deficits. Information and resources for the treatment of depression, which can contribute to a proactive approach by individuals and related parties such as employers can be found at fightdepression.com and [Mates in Construction](http://MatesinConstruction).

New MENTUPP project website

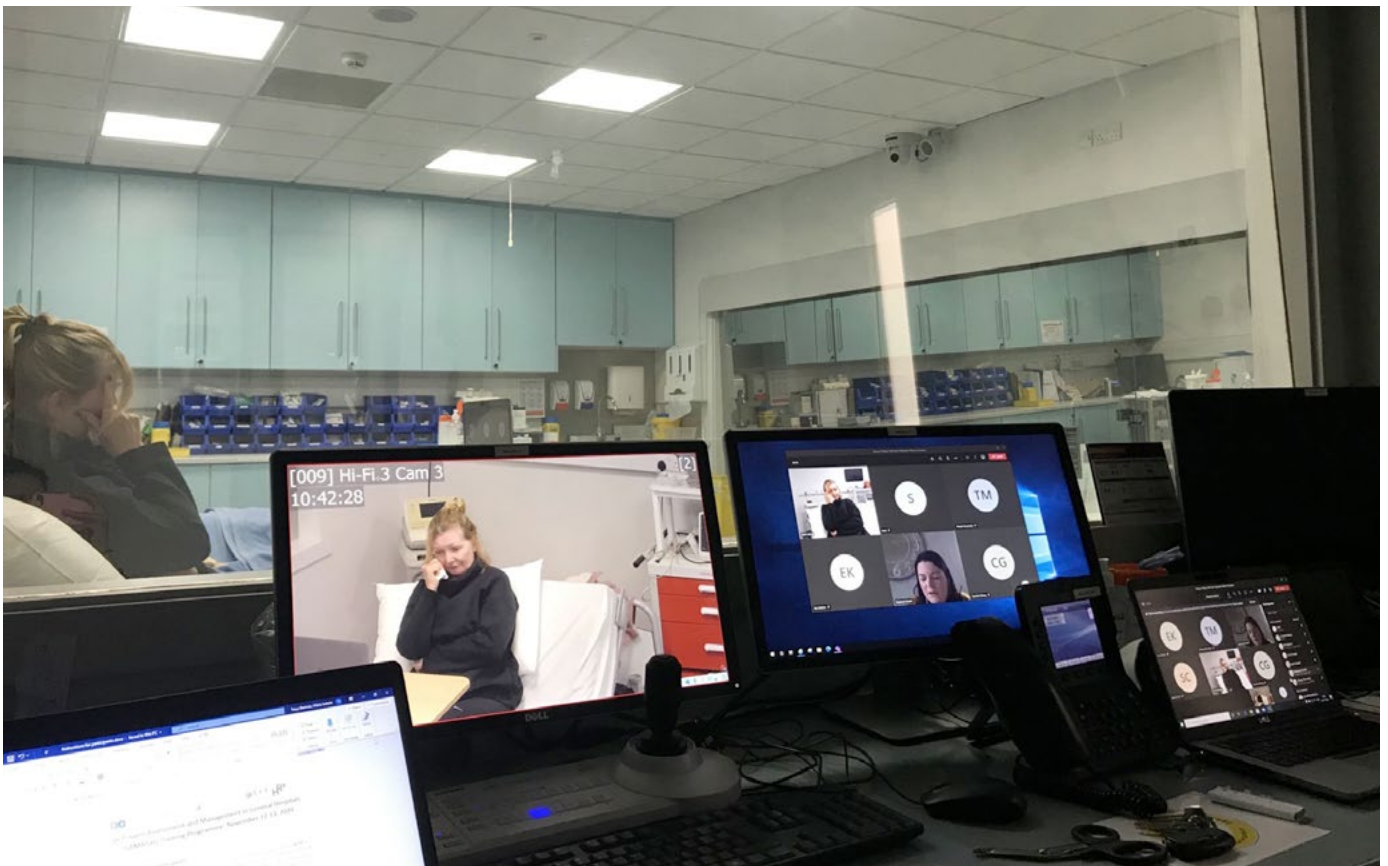
The MENTUPP EU-project was previously known as MINDUP*. Due to a change of the project name, information on the Consortium and project information such as infographics related to the topic of occupational mental health, are now available via: <https://www.mentupproject.eu/>.

On European Depression Day (October 1st) the MENTUPP consortium prepared a press release emphasizing the impact of COVID-19 on Mental Health and Wellbeing in Small and Medium Sized Enterprises: <https://tinyurl.com/ybxludzb>

Deliverables and events related to NSRF Projects



In January, partners from 15 countries attended the first consortium meeting and the launch of the European Union funded MENTUPP Project in University College Cork. The MENTUPP Project aims to improve mental health and wellbeing in the workplace. Virtual meetings chaired by Principal Investigator Professor Ella Arensman also took place in June and December.



In January and March, the SAMAGH Project team delivered in person training for Clinical Nurse Specialists and Non-consultant hospital doctors in University College Cork. Training was also offered virtually on November 3rd and November 12th & 13th.

Resource Officers for Suicide Prevention Workshop

Dr Paul Corcoran, Dr Mary Joyce and Dr Isabela Troya presented at a virtual workshop for the National Office for Suicide Prevention Resource Officers for Suicide Prevention on June 25th. A further workshop involving presentations from Dr Paul Corcoran, Professor Ella Arensman and Ruth Benson took place on September 15th.



Topics included:

- (1) Impact of COVID-19 on hospital-presenting self-harm in Ireland
- (2) Mental health promotion and suicide prevention in the workplace before, during and after COVID-19
- (3) Update of the Suicide & Self-Harm Observatory (pilot): Best Practices in Real-Time Surveillance of Suicide data.



Speakers:

Prof Jane Pirkis
Chair
University of Melbourne

Prof Ella Arensman
National Suicide
Research Foundation and
University College Cork

Prof David Gunnell
University of Bristol

Prof Keith Hawton
University of Oxford

**Prof Thomas
Niederkrotenthaler**
Medical University of
Vienna



International Association for Suicide Prevention (IASP)

Suicide research priorities during the COVID-19 Pandemic

Wednesday 29th July 2020

12:00 - 13:00 GMT+1

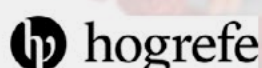
Zoom Webinar

We are delighted to announce a one-hour webinar to launch the International COVID-19 Suicide Prevention Research Collaboration's editorial on research priorities during COVID-19.

There will be four 5-minute presentations followed by 10 minutes Q&A and 30-minute panel discussion with audience participation via polling.

Talks will cover:

- Key research questions to inform prevention with examples of planned and ongoing research
- Considerations for research during the COVID-19 pandemic: e.g. safety; rapid communications of reliable findings; ethical considerations; media communications
- The International COVID-19 Suicide Prevention Research Collaboration and its collaboration with partner organisations IASP, WHO etc.



Professor Arensman presented at a webinar on 'Suicide research priorities during the COVID-19 Pandemic' on July 29th organised by the International COVID-19 Suicide Prevention Research Collaboration (ICSPRC).

The ICSPRC is an international group of suicide prevention researchers from around 40 countries formed in response to widespread concerns about the impact of the COVID-19 pandemic on suicide and suicidal behaviour. The aim of the group is to enhance good quality collaborative research on the prevention and management of suicide and suicidal behaviours in relation to the COVID-19 pandemic.

International collaborations related to COVID-19

NSRF researchers co-authored a number of papers related to the impact of COVID-19 on suicide behaviour in 2020, both as part of the International COVID-19 Suicide Prevention Research Collaboration (ICSPRC) and as part of existing partnerships:

- Lancet Psychiatry comment – Suicide risk and prevention during COVID-19 – April 2020.
<https://pubmed.ncbi.nlm.nih.gov/32330430/>
- Crisis editorial – Suicide Research, Prevention and COVID-19 – July 2020.
<https://pubmed.ncbi.nlm.nih.gov/32716205/>

- Lancet Psychiatry Paper – Real-time suicide mortality data from police reports in Queensland, Australia, during the COVID-19 pandemic: an interrupted time-series analysis – November 2020.

<https://www.thelancet.com/journals/lanpsy/article/PIIS2215-03662030435-1/fulltext>

ICSPRC International
COVID-19 Suicide Prevention
Research Collaboration

Suicide Risk and COVID-19

Adapted from: The Impact of Infectious Disease-Related Public Health Emergencies on Suicide, Suicidal Behavior, and Suicidal Thoughts¹



Read more here: <https://discoversociety.org/2020/11/04/on-the-relationship-between-pandemics-and-suicide/>

What do we know from past pandemics?

Russian Flu – Increase in suicides by 25%² in England and Wales
Spanish Flu – Suicide rates in the USA showed weak positive correlation with mortality rates from flu³
SARS – Significant increase in suicides in women 65 and older⁴

What factors might put someone at risk?

Yip et al⁵, examined suicides after SARS and found the following risk factors:
a. Disconnection/Isolation
b. Fear of becoming ill
The following factors may also increase risk during COVID-19:
a. Financial Insecurity
b. Pessimism (COVID Fatigue)

Keep an eye on your wellbeing

- Limit your time on the internet/social media and watching the news (if you find this upsetting)
- Monitor your mental health for early warning signs like chronic poor sleep, changes in appetite, increase in irritability, or a decreased enjoyment in activities
- Remove access to means.
 - Get rid of unused medications
 - Lock up current medications
 - Make sure any firearms are properly stored

Get creative in addressing loneliness

- Have regular video calls with friends and family (try having a meal or playing a game over Zoom together!)
- Find virtual community events like concerts or book clubs
- Try a new hobby

What can you do if you feel you need help?

- Access free support services, please visit: www.yourmentalhealth.ie
- Call or text a crisis service (Call Samaritans on 116 123 or Text 50808)
- Contact your health care professional or GP
- If you need immediate help, call 999 or go to an emergency department

In October 2020, Dr Mary Joyce, Professor Ella Arensman, Dr Paul Corcoran and Ms Eileen Williamson were co-authors on a systematic review published in Crisis examining the Impact of Infectious Disease-Related Public Health Emergencies on Suicide, Suicidal Behaviour, and Suicidal Thoughts, led by University of Glasgow colleague Dr Tiago Zortea and in collaboration with Professor Rory O'Connor, Professor Steve Platt and colleagues from the University of Ottawa. Findings support an association between previous epidemics and increased risk of suicide-related outcomes: <https://tinyurl.com/y6pqlxj7>

Awards and achievements



PhD Awards

Huge congratulations to Dr Isabela Troya, Dr Caroline Daly and Dr Grace Cully who passed their PhD viva's on January 24th, June 25th and December 18th! The focus of Isabela's PhD research was risk and protective factors associated with self-harm in older people. Caroline's PhD examined the demographic, clinical and drug related factors associated with Intentional Drug Overdose. Grace's PhD examined aftercare and self-harm repetition following high-risk self-harm: a mixed methods study.

Dr Isabela Troya receives prestigious award

Dr Isabela Troya, postdoctoral researcher at the School of Public Health and the NSRF was awarded joint PhD prize of the year by the Society for Academic Primary Care. Dr Troya's PhD research, conducted in Keele University, was focused on self-harm in older people, with a view to understanding patients' motivations to self-harm, the barriers they faced in accessing care, and the role that different support sources play in helping these patients.



New Horizons in Medical Research

A Scientific Conference organised by the School of Medicine Research Committee, UCC
Thursday 2nd December 2021 CPD Credits Pending



New Horizons Conference

Dr Caroline Daly was awarded best oral presentation at the New Horizons Conference in University College Cork on December 2nd for her presentation on Paracetamol-related intentional drug overdose among young people: <https://tinyurl.com/y2hlfgtk>



Dr Haleeda Hilmi was awarded best oral presentation at the Royal Academy of Medicine in Ireland Intern Study Day Meeting on February 1st. Dr Hilmi's research on alcohol involvement in hospital-treated self-harm of patients under 25 years of age in Ireland from 2013 to 2016 used data from the National Self-Harm Registry Ireland and was supervised by Dr Eve Griffin.

Priorities and values



The mission of the NSRF when established, and now, is to provide a nationally and internationally recognised body of reliable knowledge from a multi-disciplinary perspective on the risk and protective factors associated with suicidal behaviour with an ultimate aim of providing solid evidence to inform policy development and intervention in the prevention of suicide and the management of patients presenting with self-harm.

The NSRF has been recognised by the World Health Organisation as a Collaborating Centre for Surveillance and Research in Suicide Prevention and members of the research team represent a broad range of disciplines, including psychology, epidemiology, biostatistics, sociology, social science, applied social studies, public health and health services research.

What the NSRF does

- The primary aims are the following:
 1. **To Examine:** By monitoring trends, risk factors and protective factors associated with suicide and self-harm.
 2. **To Translate:** By translating and disseminating research in order to inform and impact on policy and practice.
 3. **To Intervene:** By applying information-based interventions at a local, national and international level.
- The NSRF also provides training to healthcare professional from general hospitals via projects such as the Self-Harm Assessment and Management in General Hospitals (SAMAGH) training programme and the Self-Harm and Suicide Awareness (SHARE) project.

What the NSRF does not do

- It is the remit of the Central Statistics Office to compile statistics relating to suicide in Ireland. The NSRF compiles data in relation to self-harm presentations to hospital via the National Self-Harm Registry Ireland. The latest annual report can be viewed here: <https://tinyurl.com/y34917pj>
- The NSRF is not a crisis centre and does not offer individual counselling or support, however, from time to time receives calls from distressed individuals and refers them to appropriate services that can offer support.

Structure, Governance and Management

The National Suicide Research Foundation is constituted as a company limited by guarantee (Company Number 224676) as set out under the Companies Act 2014. Its purpose and objects and how it conducts its business are set out in its Constitution which is posted on its website www.nsrif.ie under the About Us section and is publicly available from the Companies Registration Office website www.cro.ie and also the Charities Regulatory Authority website www.charitiesregulator.ie. The Registered Charity Number is 20030889 and the Charity Tax Number is CHY11351.

The National Suicide Research Foundation was initially established in 1994 as the Suicide Research Foundation Limited. Permission was subsequently granted, in 1997, by the Companies Registration Office to dispense with the word Limited in the title of the company and in 2001, the Registrar of Business Names granted permission to use the name of National Suicide Research Foundation.

In late 2019 for the purposes of complying with The European Union (Anti-Money Laundering: Beneficial Ownership of Corporate Entities) Regulations 2019 (SI 110 of 2019) the National Suicide Research Foundation filed required details of the Board of Directors, the Chief Executive Officer and the Head of Research on the RBO website – www.rbo.gov.ie

In 2019 representatives from the National Suicide Research Foundation attended training on the implications of The Charities Regulator Governance Code which took effect in 2020. The NSRF has taken the necessary steps to ensure compliance with the Code.

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 people. 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 may be 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.

Policies and Procedures for the Induction and Training of board Members

All new Directors receive a Board Induction Folder on appointment. This contains the following documentation: a Board Handbook, the Board-member Code of Conduct, the NSRF Conflict of Interests Policy, the NSRF Governing Documents, the Strategic Plan, Board Minutes from the previous 12 months, Reports of the Chief Executive Officer from 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 two hour Induction Meeting with each new 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 National Suicide Research Foundation has three Standing Board Subgroups, namely:

- 1) Operations Subgroup (with responsibility for the development of Policies & Procedures for approval by the Board of Directors and Human Resources relating to staff members with salaries not exceeding €40,000).
- 2) Research Advisory Subgroup.
- 3) Audit, Finance and Risk Management Subgroup.

Organisational Structure and How Decisions are made

The National Suicide Research Foundation'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 specifically 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. National Suicide Research Foundation.
- Litigation.
- Appointment/Removal of Subgroup Chairs and Members.
- Appointment/Removal of the Chief Executive Officer, the Head of Research, Chief Scientist.
- Appointment/Removal of Auditors in accordance with decision taken by Company Members at the Annual General Meeting.
- Approval of Borrowing/Finance Facilities.
- Approval of all new staff positions.
- Approval of Contracts exceeding €40,000 per annum and associated human resource issues for such staff members.
- Annual Review of Risk and Internal Control.
- Approval of policies and procedures and Board nominations.

Although ultimate responsibility for the governance of the National Suicide Research Foundation rests with the Board of Directors, certain duties and responsibilities are delegated from the Board to the Chief Executive Officer, the Head 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 staff members, programmes, projects, finances and all other administrative aspects so that the NSRF's on-going mission, vision, and strategies are fulfilled within the context of the National Suicide Research Foundation'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 National Suicide Research Foundation 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 organisation is exposed, an assessment of their impact and likelihood of happening and risk mitigation actions for each.

The quarterly report of the Operations Subgroup to the board contains a section on risk analysis updating the board regarding the status of the most acute risks to the National Suicide Research Foundation 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 National Suicide Research Foundation's annual Financial Statements when approved by the Board of Directors are submitted to the Companies Registration Office, are published on the organisation's website www.nsr.ie, under the About Us section and are available on the Charities Regulatory Authority website www.charitiesregulator.ie

Principles of Good Governance

We, the Board of Directors and Trustees of National Suicide Research Foundation commit to:

Principle 1. Advancing the charitable purpose of our organisation

We do this by:

- 1.1 Being clear about the purpose of our organisation and being able to explain it in simple terms to anyone who asks;
- 1.2 Agreeing an achievable annual plan and ensuring that adequate resources are available to advance the purpose of the organisation;
- 1.3 Reviewing the activities undertaken by the organisation to ensure compliance with its charitable purpose and to ensure that it is providing public benefit.

Principle 2. Behaving with integrity

We do this by:

- 2.1 Being honest, fair and independent;
- 2.2 Understanding, declaring and managing conflicts of interest and conflicts of loyalties;
- 2.3 Protecting and promoting our organisation's reputation.

Principle 3. Leading our organisation

We do this by:

- 3.1 Agreeing our vision, purpose and values and making sure that they remain relevant;
- 3.2 Developing, resourcing, monitoring and evaluating a plan to make sure that our organisation achieves its stated purpose;
- 3.3 Managing, supporting and holding to account staff, volunteers and all who act on behalf of the organisation.

Principle 4. Exercising control over our organisation

We do this by:

- 4.1 Identifying and complying with all relevant legal and regulatory requirements;
- 4.2 Making sure there are appropriate internal financial and management controls;
- 4.3 Identifying major risks for our organisation and deciding ways of managing the risks.

Principle 5. Working effectively

We do this by:

- 5.1 Making sure that our governing body, individual board members, committees, staff and volunteers understand their: role, legal duties, and delegated responsibility for decision-making;
- 5.2 Making sure that as a board we exercise our collective responsibility through board meetings that are efficient and effective;
- 5.3 Making sure that there is suitable board recruitment, development and retirement processes in place.

Principle 6. Being transparent and accountable

We do this by:

- 6.1 Identifying those who have a legitimate interest in the work of our organisation (stakeholders) and making sure there is regular and effective communication with them about our organisation;
- 6.2 Responding to stakeholders' questions or views about the work of our organisation and how we run it;
- 6.3 Encouraging and enabling the engagement of those who benefit from our organisation in the planning and decision-making of the organisation.

We confirm that our organisation is committed to the standards outlined in these principles. We commit to reviewing our organisational practice against the recommended actions for each principle every year.

Margaret Kelleher
Chairperson of Board

Eileen Williamson
Secretary of the Board

Signed by Dr Margaret Kelleher and Eileen Williamson in the presence of, and on behalf of, the Board of Directors of the National Suicide Research Foundation.

NSRF Strategic Research Clusters

Across our funding streams, research programmes and projects have been and are being conducted addressing similar topics. Therefore, to improve cohesion, the NSRF has organised our research within research clusters addressing specific topics, whereby combining relevant specialist expertise, increased research capacity can be optimised within strategic research areas.

1 Surveillance of Self-Harm, Suicide and Mental Health Problems

2 Programme Evaluation

3 Assessment and Management of Self-Harm and Depression

4 Suicide and Self-Harm among Older and Young People

5 Clinical Subgroups

6 Suicide, Self-harm and Mental Health in the Workplace

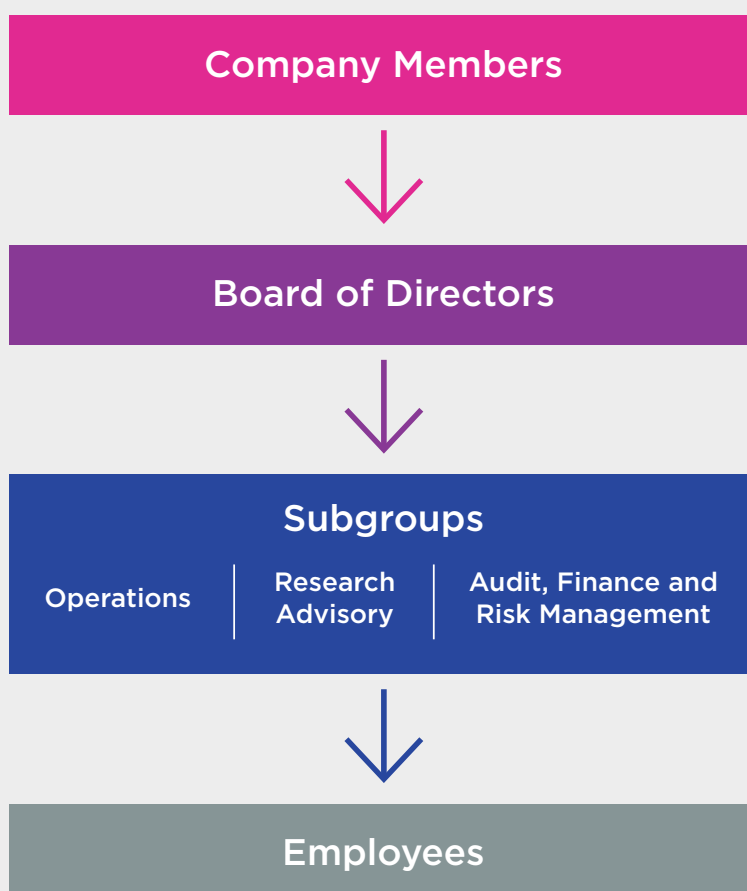
7 Bereavement following Suicide

8 Suicide and the Media

9 Restricting access to Lethal Means

10 Other

Governance Structure



COMPANY MEMBERS

Mrs Patricia Behan

Founder, Suicide Aware Ireland

Professor Colin Bradley

Professor/Head, Department of General Practice University College Cork

Professor Patricia Casey

Consultant in Adult and Liaison Psychiatry at the Hermitage Medical Clinic

Emeritus Professor of Psychiatry University College Dublin

Professor Eugene Cassidy

Consultant Liaison Psychiatrist, Cork University Hospital

Clinical Professor, University College Cork

Bishop Paul Colton

Anglican Church of Ireland Bishop, Cork, Cloyne and Ross

Mr Dave Drohan

Former General Manager, HSE South

Dr Birgit Greiner

Vice-Dean, School of Public Health, University College Cork

Mr Bertie Kelleher

Retired Principal, Colaiste an Spiorad Naomh Cork

Dr Margaret Kelleher

General Practitioner, Cork

Medical Director, National Suicide Research Foundation

Mr James McCarthy

Director, Transaction Advisory Services, Ernst & Young Cork

Mr Barry McGale

Former Suicide Liaison Officer, Western Health & Social Care Trust Derry, Northern Ireland

Mr Dan Neville

Former Teachtaire Daile
Founding Member of Irish Association of Suicidology

Mr Mark O'Callaghan

Solicitor, Dublin

Mr Tom O'Dwyer

Former Programme Manager Community Care, HSE South

Professor Siobhan O'Neill

Professor of Mental Health Sciences, University of Ulster (Sabbatical leave September 2020)
Mental Health Champion, Northern Ireland

BOARD OF DIRECTORS

Professor Eugene Cassidy

Consultant Liaison Psychiatrist, Cork University Hospital

Clinical Professor, University College Cork

Mr Dave Drohan

Former General Manager, HSE South

Dr Margaret Kelleher

General Practitioner, Cork
Medical Director, National Suicide Research Foundation

Mr James McCarthy (Chairman)

Director, Transaction Advisory Services, Ernst & Young Cork

Mr Barry McGale

Former Suicide Liaison Officer at Western Health & Social Care Trust Derry, Northern Ireland

Mr Mark O'Callaghan

Solicitor, Dublin

Professor Siobhan O'Neill

Professor of Mental Health Sciences, University of Ulster (Sabbatical leave September 2020)

Mental Health Champion, Northern Ireland

PERSONNEL IN 2020

NOSP Funding

Ms Eileen Williamson

Chief Executive Officer

Dr Paul Corcoran

Head of Research

Dr Eve Griffin

Research Fellow

Dr Mary Joyce

Manager, National Self-Harm Registry Ireland
Senior Post-Doctoral Researcher

Dr Katerina Kavalidou

Post-Doctoral Researcher

Dr Caroline Daly

Post-Doctoral Researcher

Dr Clíodhna O'Connor

Post-Doctoral Researcher (Appointed April 2020)

Mr Niall McTernan

Senior Research Officer
Data Manager, National Self-Harm Registry Ireland

Ms Sarah Nicholson (O'Meara)

Data Protection Officer/Quality Manager (Maternity leave from November 2020)

Ms Carolyn Holland

Research Officer (Resigned October 2020)

Mr Pawel Hursztyn

Research Support Officer (August to December 2020)

Ms Eileen Hegarty

Operations Manager (Finance)

Ms Fenella Ryan

Research Support Officer

Mr Leon Fan

IT Support Officer

Ms Ruth Benson

Research Officer International Association for Suicide Prevention

Donegal Project

Dr Colette Corry

Senior Research Officer Donegal Project

HRB Research Leaders Award Funding

Professor Ella Arensman

Professor of Public Mental Health, Chief Scientist

Ms Karen Mulcahy

Research Administrator

Dr Isabela Troya Bermeo

Post-Doctoral Researcher

Dr Anvar Sadath

Post-Doctoral Researcher

Ms Grace Cully

PhD Scholar HRB RLA

Ms Ruth Benson

PhD Scholar HRB RLA

Ms Sarah Nicholson (O'Meara)

Research Support Officer (Maternity leave from November 2020)

Eunice T. Philip

Research Assistant

HRB Emerging Investigators Award

Dr Eve Griffin

Research Fellow

Dr Eimear Ruane McAteer

Post-Doctoral Researcher (Appointed April 2020)

HRB Applied Research into Policy and Practice

Dr Elaine Mc Mahon

Research Fellow

H2020 MENTUPP

Dr Clíodhna O'Connor

Post-Doctoral Researcher (Appointed April 2020)

Ms Grace Cully

Research Officer (Appointed October 2020)

Ms Carolyn Holland

Research Officer Resigned: October 2020

Dr Anvar Sadath

Post-Doctoral Researcher (February 2020)

National DBT Project

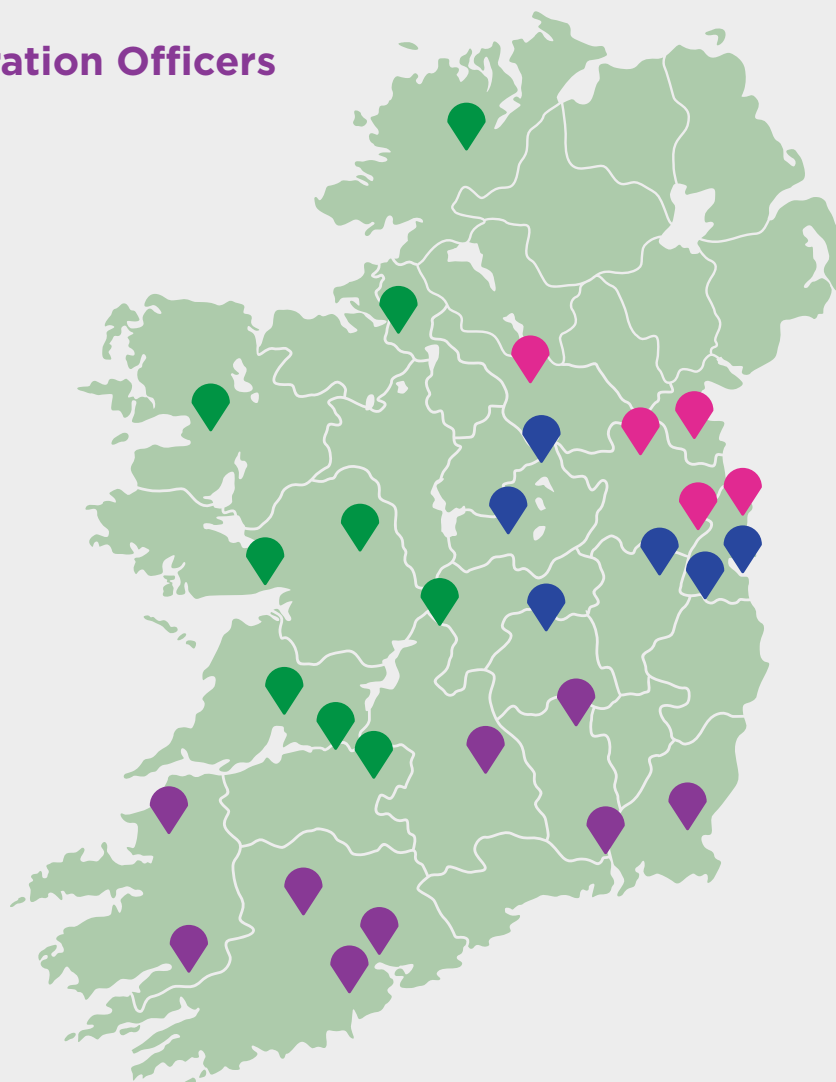
Ms Justina Hurley

Senior Research Officer

Ms Louise Dunne

Administrator

Data Registration Officers



HSE West Region

Eileen Quinn

Letterkenny General Hospital

Mary Nix & James McGuiggan

Mayo General Hospital/Portiuncula Hospital
Ballinasloe/Galway University Hospital

Catherine Murphy

University Hospital Limerick/Ennis Hospital/
Nenagh Hospital/St. John's Hospital, Limerick

Ailish Melia

Sligo Regional Hospital

HSE South Region

Karen Twomey

University Hospital, Kerry

Tricia Shannon

University Hospital Waterford/Wexford General
Hospital/St. Luke's Hospital, Kilkenny/ South
Tipperary General Hospital

Una Walsh & Ursula Burke

Bantry General Hospital/Cork University Hospital/
Mallow General Hospital/Mercy University Hospital,
Cork

HSE Dublin/North East Region

Agnieszka Biedrycka

Mater Misericordiae University Hospital, Dublin

Alan Boon

Beaumont Hospital/Connolly Hospital,
Blanchardstown/Children's University Hospital,
Temple Street

Rita Cullivan

Cavan General Hospital/Our Lady of Lourdes
Hospital, Drogheda/Our Lady's Hospital, Navan

HSE Dublin/Midlands Region

Liisa Aula & James McGuiggan

St. Columcille's Hospital, Loughlinstown/St. Michael's
Hospital, Dun Laoghaire/St Vincent's Hospital, Dublin

Edel McCarra, Sarah McMahon & Marie Lonergan

Our Lady's Children's Hospital, Crumlin

Laura Shehan

St James's Hospital

Diarmuid O'Connor

Midlands Regional Hospitals (Mullingar, Portlaoise,
Tullamore)/Naas General Hospital/Tallaght University
Hospital

Strategic Research Cluster One

Surveillance of Self-Harm, Suicide & Mental Health Problems

- National Self-Harm Registry Ireland
- Northern Ireland Registry of Self-Harm
- The Self-Harm Assessment and Data Analysis (SADA) Project
- Suicide Support and Information System (SSIS)
- Suicide and Self-Harm Observatory (SSHO)
- WHO Collaborating Centre for Surveillance and Research in Suicide Prevention
- The National Household Survey

National Self-Harm Registry Ireland

The National Self-Harm Registry Ireland (NSHRI) is a national surveillance system which gathers information on hospital-presenting self-harm at Emergency Departments in all hospitals across Ireland. The NSHRI was established in 2000 at the request of the Department of Health. As of 2006, the NSHRI has full coverage of all general and paediatric hospital emergency departments in the Republic of Ireland. Each year, the NSHRI publishes a report on its findings. Annual reports can be accessed here: www.nsr.ie/reports. Findings on data from the NSHRI are also published in peer-reviewed journal articles which can be found on our website.

Project Aims:

- To establish the extent and nature of hospital-presenting 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 on this topic.

Key Deliverables and Outcomes in 2020:

- National Self-Harm Registry Ireland Data Briefing. Hospital-presenting self-harm during January-August 2020. December 2020. <https://www.nsr.ie/wp-content/uploads/2020/12/Self-harm-presentations-in-Jan-Aug-2020-data-briefing-Final.pdf>
- Joyce M, Daly C, McTernan N, Griffin E, Nicholson S, Arensman E, Williamson E, Corcoran P (2020). National Self-Harm Registry Ireland Annual Report 2019. Cork: National Suicide Research Foundation. <https://www.nsr.ie/wp-content/uploads/2020/12/NSRF-National-Self-Harm-Registry-Ireland-annual-report-2019-Final-for-website.pdf>
- National Self-Harm Registry Ireland Interim Report 2019. Cork: National Suicide Research Foundation, March 2020. <https://www.nsr.ie/publications/reports/>
- National Self-Harm Registry Ireland Community Healthcare Organisation (CHO) 1-9 Reports 2019. Cork: National Suicide Research Foundation, February 2020.
- Three peer-reviewed journal articles as listed under 'Publications'.
- Meetings of Data Registration Officers in February 2020 (Cork, Ireland) and June 2020 (virtual).
- Meeting (virtual) of Data Registration Officers from NSHRI and Northern Ireland Registry of Self-Harm in November 2020.

Personnel Involved:

Dr Paul Corcoran, Dr Mary Joyce, Dr Caroline Daly, Mr Niall McTernan, Dr Eve Griffin, Ms Sarah Nicholson, Ms Eileen Williamson, Professor Ella Arensman, Mr Pawel Hursztyn, Mr Leon Fan, Ms Eileen Hegarty.

Data Registration Officers:

Liisa Aula, Agnieszka Biedrycka, Alan Boon, Ursula Burke, Rita Cullivan, James Camien McGuiggan, Ailish Melia, Mary Nix, Catherine Murphy, Diarmuid O'Connor, Eileen Quinn, Tricia Shannon, Laura Shehan, Karen Twomey, Una Walsh.

Publications in 2020:

- Daly, C., Griffin, E., Corcoran, P., Webb, R. T., Ashcroft, D. M., Perry, I. J., & Arensman, E. (2020). A national case fatality study of drugs taken in intentional overdose. *International Journal of Drug Policy*, 76, 102609. <https://www.sciencedirect.com/science/article/abs/pii/S0955395919303160>
- Daly, C., Griffin, E., McMahon, E., Corcoran, P., Webb, R. T., Witt, K., ... & Arensman, E. (2020). Repeat self-harm following hospital-presenting intentional drug overdose among young people—a national registry study. *International journal of environmental research and public health*, 17(17), 6159. www.mdpi.com/1660-4601/17/17/6159/htm
- Griffin, E., Gunnell, D., & Corcoran, P. (2020). Factors explaining variation in recommended care pathways following hospital-presenting self-harm: a multilevel national registry study. *BJPsych open*, 6(6). <https://www.cambridge.org/core/journals/bjpsych-open/article/factors-explaining-variation-in-recommended-care-pathways-following-hospital-presenting-self-harm-a-multilevel-national-registry-study/81EFB6A50BE91B45A19311E2209797CF>

2019 Statistics at a Glance

Presentations

12,465

Persons

9,705

2010

2019

2019 rate is 8% lower
than the peak rate
recorded in 2010

RATES:

206
per 100,000

1 in every 485
had a self-harm act



Male: 20-24 year-olds
1 in every 206



Female: 15-19 year-olds
1 in every 138

PEAK
RATES
WERE
AMONG
YOUNG
PEOPLE

TIME:

Peak time



12 midnight



44%

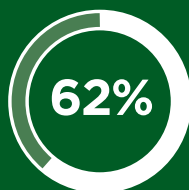
of presentations
made between 7pm-3am



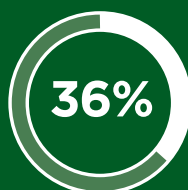
Presentations were
highest on **Mondays**,
Tuesdays and **Sundays**

METHOD:

2 in every 3
involved **overdose**



3 in every 10
involved **alcohol**



Men



Women

3 in every 10
involved **self-cutting**



TREATMENT:



72%

received an assessment in the ED



79%

received a follow-up
recommendation after discharge



13%

left ED before a
recommendation was made

1 in 5

persons had a
repeat attendance



Presentations/workshops related to project in 2020:

- Corcoran, P. The impact of COVID-19 on hospital-presenting self-harm in Ireland. ROSP Workshop. June 25th 2020.
- Corcoran, P. Self-Harm trends before and during COVID-19. NSRF World Suicide Prevention Day Webinar. September 10th 2020.
- Corcoran, P. The impact of COVID-19 on hospital-presenting self-harm in Ireland. ROSP Workshop. September 15th 2020.
- Corcoran, P. The impact of COVID-19 on hospital-presenting self-harm in Ireland. Epidemiology and Biostatistics Seminar at Western University, Canada. September 11th 2020.
- Corcoran, P. The impact of COVID-19 on hospital-presenting self-harm in Ireland. 27th British Isles Research Workshop on Suicide and Self-Harm. October 5th 2020.
- Corcoran, P & Joyce, M. Hospital-presenting self-harm

in Ireland: questions answered and questions to be answered using registry, research and routine data, Masterclass, Virtual Seminar on Suicide, Self-Harm and Mental Health, October 9th 2020.

Projects affiliated with the National Self-Harm Registry Ireland:

- Providing Improved Care for Self-harm: A mixed-methods study of intervention, implementation and economic outcomes from a national clinical programme (PRISM; HRB EIA) – see page 33.
- Investigating the iceberg of self-harm and suicide in children, adolescents and young adults: a multi-method study of predictors of onset, escalation and mortality (HRB ARPP) – see page 35.
- Intentional drug overdose: an examination of demographic, clinical and drug-related factors using national surveillance data (PhD; Caroline Daly) – see page 41.

Northern Ireland Registry of Self-Harm

The Northern Ireland Registry of Self-Harm (NIRSH) was established by the Public Health Agency (PHA). Under the Northern Ireland Suicide Strategy “Protect Life – A Shared Vision”, the Registry was piloted in the Western Health & Social Care Trust area from 2007. Building upon the success of this pilot, the Registry was implemented across all five Health and Social Care Trusts, extending to all 12 acute hospitals, with effect from 1st April 2012. The National Suicide Research Foundation provides statistical analysis, support and independent verification of data recorded by the NIRSH.

Project Aims:

- To improve understanding of self-harm and related behaviours in Northern Ireland by monitoring trends and patterns over time.
- To inform the Public Health Agency and the Department of Health to shape the development of healthcare services and the provision of supports.

Key Deliverables and Outcomes in 2020:

- Data from Q2 (Jul-Sep 2019) were processed, in addition to data for Q1,2 (Apr-Sep 2019) for Department of Health, Social Services and Public Safety (DHSSPS) summary reports in 2020. These reports are published for Northern Ireland and each Health and Social Care Trust (HSCT) on a quarterly basis.
- Six-year Reports were compiled for each HSCT.
- A total of 12 data requests were prepared.
- A steering group meeting was held (February 2020).
- Joint Meeting of Data Registration Officers with National Self-Harm Registry Ireland was held (November 2020).

Personnel Involved:

National Suicide Research Foundation: Dr Caroline Daly, Dr Mary Joyce, Dr Paul Corcoran
Public Health Agency: Ms Linda Cassidy

Publications in 2020:

- Griffin, E., Kavalidou, K., Bonner, B., O'Hagan, D., Corcoran, P. (2020). Risk of repetition and subsequent self-harm following presentation to hospital with suicidal ideation: a longitudinal registry study. *EClinicalMedicine*. doi: 10.1016/j.eclinm.2020.100378. [https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370\(20\)30122-X/fulltext](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370(20)30122-X/fulltext)

Presentations/workshops related to project in 2020:

- Due to the cancellation of many workshops and conferences in 2020, workshops on Registry data were not possible.

Self-harm in Irish Prisons 2018

Self-harm in Irish Prisons 2018

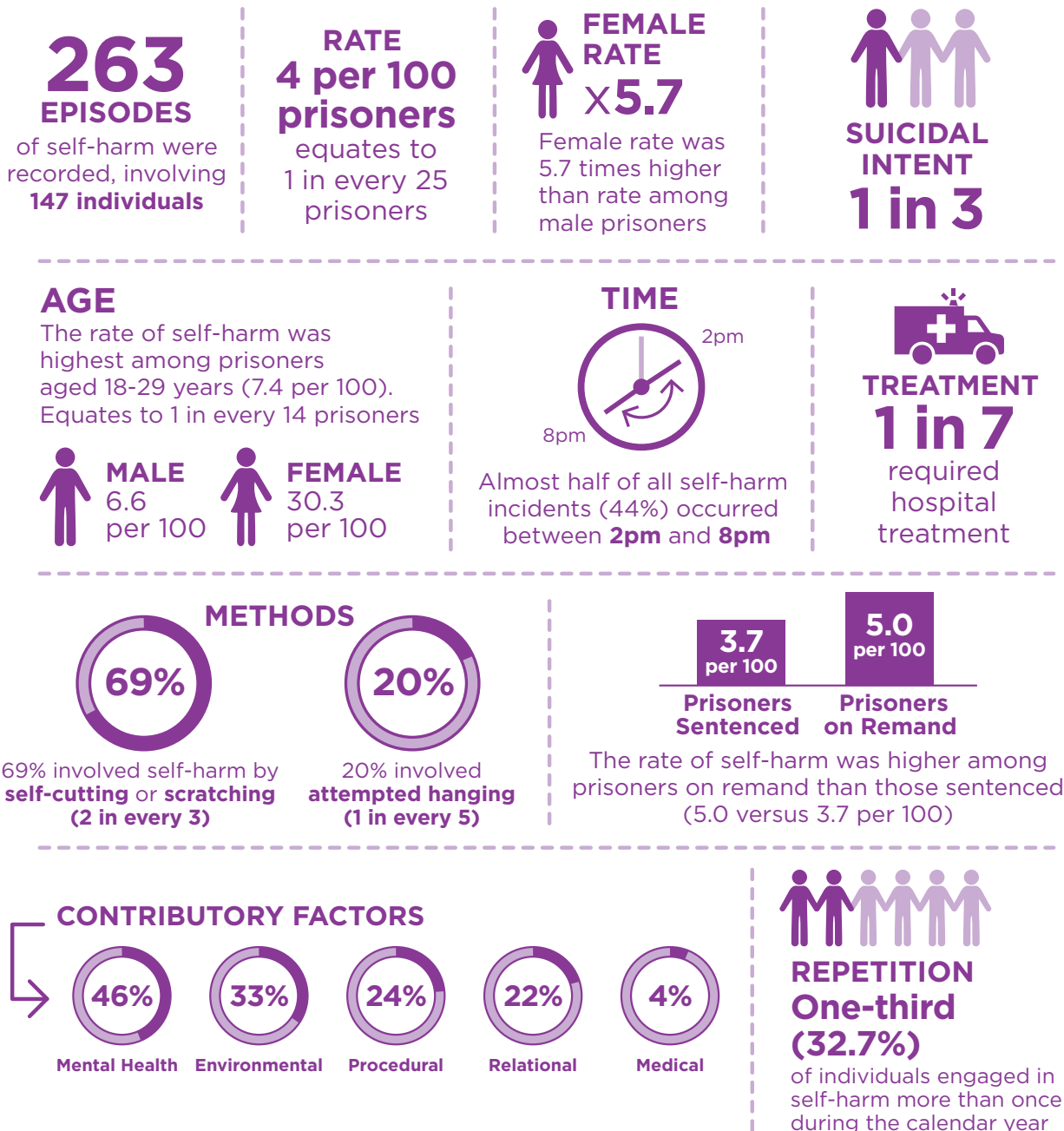
Self-harm in Irish Prisons 2018: Second Report from the Self-Harm Assessment and Data Analysis (SADA) Project presents the full findings of the second year of the SADA Project¹ for the year of 2018. This forms part of the work of the National Suicide and Harm Prevention Steering Group (NSHPPG) and is supported by the multi-disciplinary teams across the prison estate who play a pivotal role in analyzing the incidence and profile of self-harm in prisons. This project uniquely collects information on the level of medical severity and suicidal intent for each episode of self-harm, identifies individual and context specific factors relating to self-harm and examines patterns of repeat self-harm (both fatal and non-fatal). This data continues to inform policy

and practice development in order to enhance the treatment and management of individuals in custody who pose a risk of self-harm and suicide and to protect individuals in their care.

The Health Service Executive's (HSE) National Office for Suicide Prevention (NOSP) and the National Suicide Research Foundation (NSRF) assist the IPS with data management, data analysis and reporting.

¹Irish Prison Service (2018). Self-harm in Irish Prisons 2018. Second report from the Self-Harm Assessment and Data Analysis (SADA) Project. Irish Prison Service.

In Irish prisons in 2018...



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 yearly basis. The National Suicide Research Foundation coordinates the data management, data analysis and reporting of findings from the SADA Project.

Project Aims:

- To collate, enter and analyse data from the Irish Prison Service's Self-Harm/Suicide Surveillance & Monitoring System
- To report on yearly trends and prepare papers for peer review.

Key Deliverables and Outcomes in 2020:

- Full year summary report for 2018 (July 2020)
- Presentation at Connecting for Life Cross-Sectoral Steering Group (April 2021)
- Preparation of a peer reviewed paper based on 3 years of data (Ongoing)
- Preparation of a form on Castor (new software) based on the prisons dataset to improve the data collection process (Ongoing)

- Development of a sustainability plan (with IPS and NOSP) (Ongoing)

Personnel Involved:

National Suicide Research Foundation: Mr Niall McTernan, Dr Paul Corcoran, Dr Eve Griffin, Dr Grace Cully

Irish Prison Service: Ms Sarah Hume, Mr Enda Kelly
National Office for Suicide Prevention: Dr Gemma Cox.

Publications in 2020:

- McTernan N, Griffin E, Cully G, Kelly E, Hume S, O'Reilly D, Corcoran P (2020). Self-harm in Irish Prisons 2018 - Second report from the Self-Harm Assessment and Data Analysis (SADA) Project: Irish Prison Service. <https://www.nsrp.ie/wp-content/uploads/2020/08/Self-harm-in-Irish-Prisons-2018-Second-report-from-the-SADA-Project.pdf>

The Suicide Support and Information System (SSIS)

This study is part of the HRB funded 5-year research programme. The Suicide Support and Information System (SSIS) is a suicide surveillance system that was developed in 2008 to provide access to support for those bereaved by suicide, while also, collecting information on risk factors associated with suicide and deaths classified as open verdicts. A unique element of the SSIS is that it accesses multiple sources of information relating to consecutive cases of suicide and open verdicts upon completion of an inquest conducted by a coroner. The SSIS obtains information on all consecutive cases of suicide in the HSE Southern region from multiple sources including coroner's records, health care professionals and family informants using a psychological autopsy approach. The SSIS has been proven to effectively identify suicide clusters by accessing information from multiple sources and hence establishing direct and indirect relationships among suicide cluster cases.

Project Aims:

- To improve the support available to people bereaved by suicide.
- To identify and better understand the causes of suicide.
- To identify and improve the response to clusters of suicide and murder-suicide e.g. (filicide-suicide and familicide).
- To better define the incidence and pattern of suicide in Ireland.

Key Deliverables and Outcomes in 2020:

- Data entry and data cleaning completed
- Data analysis and reporting on comorbid physical

and mental health factors associated with suicide completed.

- Data analysis on suicide at locations where people frequently take their lives, completed.
- Briefings for relevant stakeholders

Personnel Involved:

Professor Ella Arensman, Ms Ruth Benson, Dr Paul Corcoran, Ms Eileen Williamson, Ms Karen Mulcahy, Dr Grace Cully, Professor Eugene Cassidy, Mr Martin Ryan, Professor Jan Rigby, Professor Chris Brunsdon.

Publications in 2020:

- Leahy D, Larkin C, Leahy D, McAuliffe C, Corcoran P, Williamson E, Arensman E. Mental and physical

health profile of people who died by suicide: findings from the Suicide Support and Information System. *Social Psychiatry and Psychiatric Epidemiology*, 2020; 55(11), 1525-1533. <https://link.springer.com/article/10.1007/s00127-020-01911-y>

- Briefing murder-suicide and media reporting, February 2020.
- Briefing murder-suicide and media reporting, October 2020. https://www.nsrp.ie/wp-content/uploads/2020/10/Briefing_Murder-suicide_NSRF.pdf

Presentations/workshops related to project in 2020:

- Arensman E, Benson R, Ryan M. Suicide and waterways in Cork City where people frequently take their lives. Cork City Council, January 2020.
- Arensman E, Benson R, Ryan M. Suicide and waterways in Cork City and Cork Council where people frequently take their lives. Connecting for Life Steering Group, March 2020.

The Suicide and Self-Harm Observatory (SSHO)

The SSHO was developed to obtain minimal data on suspected suicide cases from the Coroners of County Cork and the HSE Patient Mortality Register in real-time for early identification of emerging suicide clusters, new methods amenable to means restriction measures and locations of concern, as well as timely responses to bereaved individuals, evidence-based policy planning and targeted service provision.

It fulfils national and international objectives based on the need for real-time suicide data, including Ireland's National Strategy to Reduce Suicide 2015-2020 'Connecting for Life', objective 7.2: Improve access to timely and high-quality data on suicide; the World Health Organisation Collaborating Centre work programme agreement to facilitate real-time suicide data and the United Nations Sustainable Development Goal 3, target 2.4 to reduce by one third premature mortality from noncommunicable diseases through prevention, treatment and promotion of mental health and well-being by 2030, of which suicide mortality rate is an indicator.

Project Aims:

- Increase capacity for early intervention when emerging suicide clusters are identified.
- Facilitate activation of local response plans to emerging clusters.
- Assist with optimising resource allocation and location by means of spatial analysis.
- Inform health service responses in geographical areas with recurring clusters.
- Verify anecdotal evidence of emerging trends or clusters.

Key Deliverables and Outcomes in 2020:

- Data collated by the SSHO has been used to inform briefings, as requested by the Office of the Chief Medical Officer, the Department of Health, and the National Office for Suicide Prevention, based on deaths by suspected suicide during the initial phase of the COVID-19 pandemic.
- The SSHO was effective in crosschecking incomplete data provided by the HSE Resource Officer for Suicide Prevention. This crosschecking feature ensures that support can be provided indirectly by the HSE in effected communities.
- Data was used in multiple instances to validate unverified reports of contagion, hence preventing the spread of misinformation in the media.

Personnel Involved:

National Suicide Research Foundation: Prof. Ella Arensman, Ms. Ruth Benson, Dr. Paul Corcoran

National Centre for Geocomputation: Prof. Chris Brunsdon, Prof. Jan Rigby

Health Service Executive: Mr. Martin Ryan, Prof. Eugene Cassidy, Dr. James Kinehan, Mr. Donagh Hennebery

The Coroners' Society of Ireland: Mr. Frank O'Connell, Dr. Michael Kennedy

University College Cork: Prof. Colin Bradley

Presentations/workshops related to project in 2020:

- Benson, R. 'Update of the Suicide & Self-Harm Observatory (pilot)', virtually, at the Connecting for Life Cork Forum meeting, 1st December 2020.
- Arensman, E, Benson, R. 'Masterclass -Real-time suicide surveillance: Core components of an evidence-based approach', virtually at the NSRF World Mental Health Day Seminar, 9th October 2020.
- Benson, R. 'Socio-ecological and geo-spatial analysis of suicide and self-harm clusters', virtually, at the University of Glasgow Self-Harm Research Lab meeting, 23rd September 2020.
- Benson, R. 'Update of the Suicide & Self-Harm Observatory (pilot); Best Practices in Real-Time Surveillance of Suicide data' virtually, at the HSE Resource Officers for Suicide Prevention 'Learning Community of Practice' National Suicide Research Foundation World Mental Health Day Workshop, 15th September 2020.
- Benson, R. 'Socio-ecological and geo-spatial analysis of suicide and self-harm clusters' virtually, at the PhD Review panel of School of Public Health, University College Cork, 17th June 2020.
- Arensman E, Benson R. Developing and Implementing a Real-Time Suicide Surveillance System: Suicide and Self-Harm Observatory. Plenary Lecture. 2020 Australasian Research Workshop on suicide and self-harm, Brisbane, 4th February 2020

World Health Organisation Collaborating Centre for Surveillance and Research in Suicide Prevention

In December 2015, the NSRF was initially designated as a WHO Collaborating Centre for Surveillance and Research in Suicide Prevention. Following a rigorous evaluation process in 2019, the redesignation was approved for a further four years. The remit of WHO Collaborating centres is to conduct research and evaluation, and provide technical guidance to the WHO. The aim is to enhance countries' capacity to develop and implement national policies and plans in line with the 2013–2020 global mental health action plan. Mental health promotion, prevention, treatment and recovery services improved through advocacy, better guidance and tools on integrated mental health service are stated WHO outputs.

Project Aims:

- Development and implementation of surveillance systems of suicide and suicide attempts
- Implementation and evaluation of national suicide prevention programmes
- Training and education in suicide and suicide attempt surveillance, research and prevention
- Increasing awareness of suicide prevention among governments, stakeholders and the general public.
- Providing advice and sharing resources in suicide research and prevention with countries globally.

Key Deliverables and Outcomes in 2020:

- The E-learning programme, developed in 2018, was translated into Russian and launched at the Russian Scientific and Practical Web-Conference on World Suicide Prevention Day, September 10th, 2020. The Russian version of the E-Learning Programme will facilitate training and capacity building in Russia, supporting a Multi-Centre Self-Harm Surveillance System in Russian speaking countries.
- In 2020, the WHOCC at the NSRF coordinated the development and implementation of the first multi-centre self-harm surveillance system in Russia, involving three large regions: Stavropol Krai, Zabaykalsky Krai and Sverdlovsk Oblast. The work is supported by the WHO Office in Moscow and the WHO Regional Office for Europe. The WHOCC organised multiple meetings and training workshops with the surveillance teams involved in implementing the self-harm surveillance systems in the three regions.
- At the request of the Ministry of Health, the NSRF's WHOCC supported the development of a self-harm surveillance system in Ecuador. In 2020, the WHOCC coordinated first meetings with representatives of the Ministry of Health and relevant stakeholders in Ecuador, and representatives from the WHO Department of Mental Health and Substance Abuse, Geneva and the Pan American Health Organization (PAHO/ WHO) Office in Washington.

Personnel Involved:

Professor Ella Arensman, Dr Isabela Troya, Dr Eve Griffin, Ms Eileen Williamson

Publications in 2020:

- Arensman E, Troya IM. Report on 2020 WHO activities related to establishing a Multi-Centre Self-Harm Surveillance System in the Russian Federation. WHOCC-NSRF.
- Arensman E, Troya IM. Briefing for the Ministry of Health in the Russian Federation. Establishing a Multi-Centre Self-Harm Surveillance System in the Russian Federation. WHOCC-NSRF. December 2020.
- John A, Okolie C, Eyles E, Webb RT, Schmidt L, McGuinness LA, Olorisade B, Arensman E, Hawton K, Kapur N, Moran P, O'Connor C, O'Neill S, Higgins JPT, Gunnell D. The impact of the COVID-19 pandemic on self-harm and suicidal behaviour: a living systematic review. F1000 Research. 2020;9:1097. <https://f1000research.com/articles/9-1097/v1>

Presentations/workshops related to project in 2020:

- Arensman E. Launch of the Russian language version of the E-Learning Programme on Establishing a Surveillance System for Suicide Attempts and Self-Harm. Russian Scientific and Practical Web-Conference, September 9th.
- Arensman E, Troya IM. 3-hour workshop for staff in Zabaykalsky Krai as part of the Multi-Centre Self-Harm Surveillance System in Russia, December 16th.

COVID-19: Estimating the burden of symptomatic disease in the community and the impact of public health measures on physical, mental, and social wellbeing

This study is part of the Health Research Board COVID-19 Pandemic Response (COV19 2020) research programme to undertake national research addressing the impacts of COVID-19. Specifically, this study examines the impact of public health measures on mental health and social wellbeing in the Irish population. Four bespoke nationally representative telephone surveys of 20-minute length (1,000 respondents) were carried out, over a 2-3 week period in May 2020, July 2020, September 2020 and March 2021 using standard validated measures. Symptoms of depression and anxiety over the past 2 weeks was addressed using the 12-item Patient Health Questionnaire Anxiety-Depression Scale (PHQ-ADS), social wellbeing was assessed via the 12-item Social Wellbeing Index and domestic violence assessed via the Women's Abuse Screening Tool.

Project Aims:

- To assess mental health (measured through the self-report questionnaire Patient Health Questionnaire Anxiety and Depression Scale) of individuals in the general population in Ireland during different time periods of the COVID-19 pandemic
- To examine the levels of domestic violence (measured through Women's Abuse Screening Tool) of individuals in the general population in Ireland during different time periods of the COVID-19 pandemic

Key Deliverables and Outcomes in 2020:

- Ethical approval obtained (Ref: EMC 4 (b) 05/05/20)
- Conducted 4 study waves of data collection: May 2020, July 2020, September 2020, March 2021
- Provided training and overall support to Ipsos interviewers conducting the study
- Applied and successfully obtained funding from the College of Medicine and Health, UCC to conduct a fourth study wave in March 2021 to evaluate the medium-term effects (1-year in since the start of the pandemic) of COVID-19 on individuals' mental health and wellbeing
- Data collection completed
- Data analysis (Ongoing)
- Preparation of peer reviewed papers based on project results (Ongoing)

Personnel Involved:

National Suicide Research Foundation and School of Public Health, University College Cork: Professor Ella Arensman, Dr Mary Joyce, Dr Isabela Troya, Dr Clíodhna O'Connor

School of Public Health, University College Cork: Professor Ivan Perry, Dr Ali Khashan, Professor Patricia Kearney, Dr Claire Buckley, Dr Eilis O'Reilly, Dr Clíodhna Ni Bhuachalla

School of Applied Psychology, University College Cork: Dr Mike Murphy

School of Applied Social Studies, University College Cork: Dr Elizabeth Kiely

School of Mathematics, University College Cork: Dr Philipp Hoevel, Rory Humphries, Dr Kieran Mulchrone, Mary Spillane, Dr Sebastian Wieczorek

Health Protection Surveillance Centre, Health Services Executive: Dr Margaret Fitzgerald, Dr Lois O'Connor, Dr Joan O'Donnell

Publications in 2020 (if applicable):

- Troya MI, Khashan A, Kearney P, Arensman E, Hoevel P, Buckley C, Fitzgerald M, Humphries R, Kiely E, Mulchrone K, Murphy M. COVID-19 Estimating the burden of symptomatic disease in the community and the impact of public health measures on physical, mental and social wellbeing: a study protocol. HRB open research. 2020;3. <https://hrbopenresearch.org/articles/3-49/v2>
- Arensman E, Troya MI, Joyce M. The impact of COVID-19 public health measures on mental health and social wellbeing. Briefing for the National Public Health Emergency Team, November 2020.

Presentations/workshops related to project in 2020:

- Troya, M.I. (2021). Mental health and wellbeing following an initial period of COVID-19 restrictions: findings from a cross-sectional survey in Ireland. 18th Psychology Health and Medicine Conference, Cork, Ireland, May 14, 2021

Strategic Research Cluster Two

Programme Evaluation

- The National Dialectical Behaviour Therapy (DBT) Project
- Open Dialogues Project
- 50808 Project
- Evaluation of the ICGP Training

National Dialectical Behaviour Therapy Project Ireland

The NSRF collaborates with the HSE on the successful implementation and evaluation of DBT programmes in adult, child and adolescent mental health services across Ireland. The National Dialectical Behaviour Therapy (DBT) Project Ireland was established in 2013 through funding provided by the HSE National Office for Suicide Prevention. Following an extensive evaluation it was proposed that the most effective way to expand access to DBT in Ireland would be to move DBT training to a 'Train the Trainer' model within the HSE. In 2020 the HSE National DBT Training team, funded by the Department of Health and NOSP, was established to begin rollout of the National DBT training programme, in line with Sharing the Vision 2020, Connecting for Life 2015 and the HSE Operational Plan 2021.

Project Aims:

- To ensure the sustainability and long term-implementation of DBT in Ireland,
- To ensure quality and effectiveness of interventions for the target patient population

Key Deliverables and Outcomes in 2020:

- Completed evaluations of the results of ongoing research relating to the adult, adolescent and allied DBT programmes.
- Established the funding criteria and structure necessary for the establishment of the HSE National DBT Training team and secured funding via the Department of Health and the National Office for Suicide Prevention (NOSP).
- Recruitment of the National DBT Training team training staff
- Organisation and delivery of Foundational Training

Personnel Involved:

Ms Louise Dunne, Dr Justina Hurley, Dr Mary Joyce

Presentations/workshops related to project in 2020:

- November 2020: Online Foundational Training for 45 delegates.

Publications in 2020:

- Flynn, D., Joyce, M., Gillespie, C., Kells, M., Swales, M., Spillane, A., ... & Weihrauch, M. (2020). Evaluating the national multisite implementation of dialectical behaviour therapy in a community setting: a mixed methods approach. *BMC Psychiatry*, 20, 1-13.

https://link.springer.com/epdf/10.1186/s12888-020-02610-3?sharing_token=Y-3moJK12zLUN_e2Bl1rp2_BpE1tBhCbnbw3Buzl2RNLcyjO_T7WghOdm1d4rdqlfRd72NCpQPqv1HtnjaufXnKaAGZ_BHgzpC7NUTtKTNT_t5l_bllVWbolUwJT9qSxQNec-M_o0lfaRqpdeeTu5m3JftdXTV-dGI1OF5lu7gw%3D

- Flynn, D., Gillespie, C., Joyce, M., & Spillane, A. (2020). An evaluation of the skills group component of DBT-A for parent/guardians: a mixed methods study. *Irish Journal of Psychological Medicine*, 1-9.

<https://www.cambridge.org/core/journals/irish-journal-of-psychological-medicine/article/abs/an-evaluation-of-the-skills-group-component-of-dbt-a-for-parentguardians-a-mixed-methods-study/995FD8EF7481B52A42AEB6CB36235AE3>

- Kells, M., Joyce, M., Flynn, D., Spillane, A., & Hayes, A. (2020). Dialectical behaviour therapy skills reconsidered: applying skills training to emotionally dysregulated individuals who do not engage in suicidal and self-harming behaviours. *Borderline Personality Disorder and Emotion Dysregulation*, 7(1), 3.
- www.ncbi.nlm.nih.gov/pmc/articles/PMC6993331/

Open Dialogue Project

The HSE commissioned the NSRF to conduct an independent appraisal of the Open Dialogue initiative in Cork Kerry Community Healthcare. The study seeks to evaluate and understand the experience of Open Dialogue (OD) as a clinical pathway, rolled out as part of West Cork Mental Health Services to treat people suffering from acute mental illness. The project seeks to evaluate both the impact and implementation of OD, from multiple points; including clients' experiences of their care process, that of their social network, and professional team in comparison to treatment as usual (TAU). Both quantitative and qualitative analysis will be used to ascertain how OD as a clinical pathway was experienced. The results of the study will be used to improve the quality and efficiency of future patient care and clinical practice. The key findings of the studies will be reported back to the HSE, and other relevant stakeholders, and findings prepared for publishing in peer-related journals.

Project Aims:

- To evaluate Open Dialogue as a clinic-based intervention in comparison to Treatment as Usual.
- Specific aims include exploring participants' impressions and perceptions of the pathway, with regard to its effectiveness, its limitations and its impact on practice.

Key Deliverables and Outcomes in 2020:

- The project is currently being reviewed by Clinical Research Ethics Committee.

2021

- Rollout of online Surveys to Mental Health Professionals / Service Users/ Service Users Family / Social Network

- Online focus group interviews
- Collation and analysis of the data
- Preparation of a summary report to the HSE, and other relevant stakeholders, and findings prepared for publishing in peer-related journals.

Key Personnel:

National Suicide Research Foundation:
Ms Nora Conway, Professor Ella Arensman,
Ms Eileen Williamson, Ms Carolyn Holland
HSE: Dr Iseult Twamley, Dr Edgar Lonergan
University College Cork: Dr Maria Dempsey

Analysis of anonymised 'texter' data collected via the 50808 crisis text service in Ireland

The crisis text service 50808 was established in Ireland in September 2019. The service provides free, 24/7 text support to anyone in Ireland and is funded by the Health Service Executive. The service routinely collects data from texters to the service, including frequency of contact, the time and date of receipt of texts, along with demographic variables.

This study will be a collaborative project between the National Suicide Research Foundation and the 50808 crisis text service. The study will analyse anonymised texter data, which was routinely collected during the 12-month period, January 2020 – January 2021, with a view to exploring who uses the service and why.

This is the first such analysis of texter data to 50808 and the findings may be used to shape future service delivery, to inform public policy, and to facilitate a deeper understanding of mental health need in Ireland.

Project Aims:

The project aims to explore three main research questions:

- What are the main trends arising from the data, demographics and risk levels in particular?
- What is the frequency of help-seeking?
- Were there any differences in trends during the COVID-19 lockdown period(s)?

Key Deliverables and Outcomes in 2020:

- This project commenced in January 2021. Ethical approval from the Social Research Ethics Committee, UCC was received in April. Data analysis is expected to commence in June 2021.

Personnel Involved:

Ms Fenella Ryan, Mr Niall McTernan, Dr Paul Corcoran

Evaluation of the ICGP Training Project

Although there may be various GP training programmes on suicide prevention in existence, there is very little formal assessment being conducted on their efficacy and effectiveness (e.g. Audouard-Marzin et al., 2019). There remains no general consensus on what elements should constitute a training programme for GPs on suicide prevention (Audouard-Marzin et al., 2019). A systematic review on suicide prevention strategies highlighted the need for research to investigate elements of GP training and to evaluate the uptake of training to understand how best to provide GP training for suicide prevention (Zalsman et al., 2016).

The overall objective of this research is to evaluate the 'Connecting with People' suicide prevention training programme via two Work Packages: Work Package 1 will focus on the experiences of attendees of the programme and Work Package 2 will explore the opinions of key stakeholders in the development and implementation of suicide prevention training for GPs. Findings from these work packages will be triangulated, with information from a literature review, to contribute to key recommendations for the Irish College of General Practitioners (ICGP) and the National Office for Suicide Prevention (NOSP).

Project Aims:

- To examine the acceptability of the programme for the attendees (GPs and GP trainees) and to examine the effectiveness of the programme in achieving its outlined learning outcomes for attendees.
- To examine the opinions of key stakeholders, including the trainers and staff members in ICGP, NOSP and Connecting with People, in relation to the acceptability of the 'Connecting with People' suicide prevention training programme and to suicide prevention training for general practitioners in general.

The learning outcomes were as follows:

- Participants will learn of the clinical value of empathy and how to challenge stigma and its role in suicide prevention.

- Participants will develop fuller understanding of suicidal behaviour and the practical steps to take toward suicide mitigation.

Key Deliverables and Outcomes in 2020:

- Ethical Approval granted February 2021
- Key Findings Report (August 2021)

Personnel Involved:

National Suicide Research Foundation: Dr Paul Corcoran, Dr Clíodhna O'Connor

Irish College of General Practitioners: Dr Helen McVeigh, Dr Claire Collins, Dr Brian Osborne

National Office for Suicide Prevention: Professor Philip Dodd

Strategic Research Cluster Three

Assessment and Management of Self-Harm and Depression

- Development of a Self-Harm Assessment and Management programme for General Hospitals (SAMAGH)
- Emerging Investigators Award – PRISM
- Self-Harm and Suicide AwaREness – SHARE
- EAAD-Best

Self-Harm Assessment and Management programme for General Hospitals (SAMAGH)

This study is part of the Health Research Board Research Leader Awards 5-year research programme: Individual and Area Level Determinants of Self-Harm and Suicide in Ireland: Enhancing Prediction, Risk Assessment and Management of Self-Harm by Health Services. SAMAGH has a specific focus on managing and supporting clinical subgroups: major self-harm repeaters, high-risk patients and challenging behaviour patients based on the evidence from the IMPRESS Study as well as following suggestions from the consultation meetings and focus groups. SAMAGH is a simulation training programme delivered to healthcare professionals in Ireland, which includes an E-learning component, as well as a 2-day simulation training focusing on the highlighted clinical subgroups. A process and service evaluation are being conducted in order to evaluate the effectiveness of the SAMAGH training programme.

Project Aims:

- Develop and deliver the SAMAGH training programme for healthcare professionals in Ireland.
- Assess the impact of the SAMAGH training for health professionals in hospital settings on overall repeated self-harm rates as well as in the clinical subgroups.
- Determine whether the SAMAGH training results in increased rates of mental health assessments being conducted with self-harm patients.
- Conduct a process evaluation to understand the feasibility of implementing the SAMAGH training and its effect on health professionals' knowledge, attitudes and skills on assessment and management of self-harm patients.

Key Deliverables and Outcomes in 2020:

- Adapted the SAMAGH training to be delivered in a virtual setting following public health advice with the COVID-19 pandemic
- Completed the SAMAGH training delivered to 5 groups of healthcare professionals (November 2019-November 2020)
- Data collection for process and service evaluation: focus groups and follow up questionnaires (Ongoing)
- Preparation of a peer reviewed paper based on project results (Ongoing)
- Submission and funding granted by the National Office for Suicide Prevention to extend the SAMAGH training to General Practitioners and 3 further groups of healthcare professionals (April 2021)

Personnel Involved:

National Suicide Research Foundation and School of Public Health, University College Cork: Professor Ella Arensman, Dr Isabela Troya, Dr Anvar Sadath, Ms Sarah Nicholson, Ms Karen Mulcahy

Cork University Hospital Group, Liaison Psychiatry Service Cork: Professor Eugene Cassidy

National Clinical Programme for the Assessment and Management of Patients presenting to the Emergency Department following Self-Harm: Dr Anne Jeffers.

Publications in 2020:

- Arensman, E., Troya, M. I., Nicholson, S., Sadath, A., Cully, G., Costa, A. P. R., ... & Cassidy, E. (2020). Study protocol for the implementation and evaluation of the Self-harm Assessment and Management for General Hospitals programme in Ireland (SAMAGH). BMC health services research, 20(1), 1-8. <https://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-020-05254-x>

Presentations/workshops related to project in 2020:

- Sadath A et al (2020). Presented an e-poster titled "Comorbid Physical and Mental Disorders among Self-harm Major Repeaters: A Mixed Methods Study" in New Horizons in Medical Research Conference, College of Medicine, University College Cork, Ireland, December 3, 2020
- Arensman E, Cassidy E, Troya I, Sadath, A, Nicholson S. Lectures: Biopsychosocial Assessment of Self-Harm. January, March, November.

PRoviding Improved care for Self-harM: a mixed-methods study of intervention, economic and implementation outcomes from a national clinical programme – PRISM

In 2019, funding was awarded as part of the Health Research Board's Emerging Investigators Award programme, for a four-year programme to examine outcomes for individuals who present to hospital as a result of self-harm. The project is a collaboration between University College Cork, National Suicide Research Foundation and the Irish Health Service Executive. The project commenced in September 2019, and will be funded until August 2023.

Project Aims:

The aims of the project are to:

- Examine the clinical management of self-harm and its impact on risk of repeat self-harm, suicide and premature mortality.
- Examine the impact of a National Clinical Programme for self-harm on patient outcomes, processes of care and economic savings.
- Identify the determinants contributing to the implementation of this Clinical Programme across Irish hospitals.

This project will maximise the use of routinely available national data. A mixed-methods approach will deliver actionable findings which will contribute to optimising services and outcomes for individuals who engage in self-harm, ultimately reducing deaths by suicide and other external causes. Findings will directly inform service delivery and contribute to national policy.

Key Deliverables and Outcomes in 2020:

- Publication of study examining factors explaining variation in the recommended care pathways following hospital-presenting self-harm.
- Development of proposal to establish risk of suicide following self-harm via a national linkage study between National Self-Harm Registry Ireland (NSHRI) and the Irish Suicide Surveillance System (ISSS). Work on this will commence in 2021.
- Commencement of a systematic review to assess the quality of the methodological aspects of observational studies evaluating interventions following hospital-presenting self-harm including design, measures for confounding and outcomes used. This review will be published in 2021. Protocol registered on PROSPERO: PROSPERO 2020 CRD42020208714 (11th October 2020) and the review protocol was submitted for consideration with BMJ Open (September 2020).

Personnel Involved:

Dr Eve Griffin, Dr Eimear Ruane-McAteer, Dr Grace Cully, Mr Pawel Hursztyn

Co-applicants: Dr Paul Corcoran; Professor Ella Arensman; Professor Ivan J Perry; Dr Sheena McHugh; Dr Anne Jeffers; Professor David Gunnell.

Publications in 2020:

- Griffin E, Gunnell D, Corcoran P. Factors explaining variation in the recommended care pathways following hospital-presenting self-harm. A multilevel national registry study. *BJPsych Open*. doi: 10.1192/bjo.2020.116. <https://www.cambridge.org/core/journals/bjpsych-open/article/factors-explaining-variation-in-recommended-care-pathways-following-hospital-presenting-self-harm-a-multilevel-national-registry-study/81EFB6A50BE91B45A19311E2209797CF>
- Griffin E. Timing of supports and interventions following self-harm is crucial. *Lancet Regional Health - Western Pacific*. 3(2), 100034. doi: 10.106/j.lanwpc/2020.100034. <https://www.sciencedirect.com/science/article/pii/S2666606520300341>

Presentations/workshops related to project in 2020:

- Griffin, E. "Using data from a national registry to inform service delivery following presentation to hospital with self-harm". Presentation of project to University of Bristol's Self-harm and Suicide Research Group, June 2020.
- Jeffers, A and Griffin, E. "The reciprocal relationship between research and clinical practice: Experiences from the National Clinical Programme for Self-harm (NCP-SH)". Masterclass, NSRF World Mental Health Day Seminar, October 2020.

Self-Harm and Suicide Awareness (SHARE) Project

Some of the significant gaps from the 'Improving Prediction and Risk Assessment of Suicide and Self-Harm' study highlighted that family members of self-harm patients need more information and support. Also, that there is a need for increased awareness of self-harm and suicide associated risk and protective factors among first responders in Ireland. The SHARE project aims to (i) develop information leaflet and offer psychoeducational programme sessions for family members, to include plain language information addressing the risk and protective factors associated with self-harm and suicide; (ii) address the self-harm and suicide needs of first responders through interactive workshops of knowledge exchange and skills enhancement. Information obtained from the project's evaluation can be used to enhance self-harm and suicide management. To enhance the dissemination, findings will be used to improve the content of the existing Suicide Support and Information website (<http://suicidesupportandinformation.ie/>) and through seminars organised for relevant stakeholders at the national level.

Project Aims:

- To provide evidence-based information, support and enhance self-care skills among family members and carers of people who self-harm in Cork, Limerick, and Waterford
- To address the knowledge exchange and skills enhancement among first responders and evaluate the outcome and sustainability of the training programme within the first responders' role.

Key Deliverables and Outcomes in 2020:

- Delivery of two face to face seminars with National Ambulance Staff Ballinasloe & Tallaght (December 2019 & January 2020)
- Development of information leaflet for family members (2020)
- Preparation to recommence seminar and commence psychoeducation sessions in August 2021 post-COVID-19 restrictions. There has been restricted access to first responders and psychotherapist due to their active role in the current pandemic management in Ireland.

Personnel Involved:

National Suicide Research Foundation/ School of Public Health UCC: Prof. Ella Arensman, Eunice Phillip
Irish College of Psychiatrist: Dr Anne Jeffers
HSE South: Helena Cogan, Martin Ryan

Presentations/workshops related to project in 2020:

- Phillip, E. Mind Us, Mind You: First responders' suicide and self-harm awareness & skills enhancement project- Preliminary findings from seminars. World Mental Health Day Seminar October 9th, 2020.

EAAD-Best: Adapting and Implementing EAAD's Best Practice Model to Improve Depression Care and Prevent Suicidal Behavior in Europe

The EAAD-Best project is funded within the Annual Work Programme 2020 of the 3rd EU Health Programme (HP-PJ-2020). The EAAD-Best project involves i) transferring the community-based 4-level intervention concept of the European Alliance Against Depression (EAAD) to new regions and countries in Europe, and ii) promoting the international uptake of the iFightDepression®-tool, an internet-based self-management tool for patients with depression. The EAAD-Best project is a collaboration of 10 high-ranked organizations from 10 European countries (Belgium, Bulgaria, Estonia, Germany, Greece, Hungary, Ireland, Italy, Poland, and Spain). In Ireland, the EAAD 4-level intervention will be transferred to three new regions and the iFightDepression®-tool will be promoted for uptake nationally.

Project Aims:

EAAD has two overarching aims:

- To improve care for patients with depression
- To prevent suicidal behavior in Europe

Additional objectives of EAAD-Best include reducing stigma, improving health literacy, and encouraging help-seeking behavior.

Key Deliverables and Outcomes in 2020:

- EAAD-Best commenced in April 2021.

Personnel Involved:

National Suicide Research Foundation: Professor Ella Arensman, Dr Grace Cully.

Strategic Research Cluster Four

Suicide and Self-Harm among Older and Young People

- Applying Research into Policy and Practice Award - Youth self-harm and suicide - Predictors of onset, escalation and premature mortality

Youth self-harm and suicide - Predictors of onset, escalation and premature mortality

This study investigates the iceberg model of self-harm and suicide in children, adolescents and young adults. This research programme employs multiple methods to examine predictors of onset and escalation of self-harm and premature mortality. Dr Elaine McMahon is funded to carry out this research as part of the Health Research Board Applying Research into Policy and Practice programme (2019-2024).

Project Aims:

- To examine three key stages of the self-harm process;
- To examine onset of self-harm among adolescents in the community;
- To identify key features and risk factors for high-risk hospital-treated self-harm,
- To quantify long-term risk of suicide following self-harm in young people.

Key Deliverables and Outcomes in 2020:

- Work was carried out towards quantifying long-term risk of suicide following self-harm by linking NRSHI data with a comprehensive database of suicide data gathered by the HRB for the National Office for Suicide Prevention.
- Collaboration with international Saving and Empowering Young Lives in Europe consortium: Dr McMahon and Dr Corcoran carried out a study examining risk and protective factors for psychotic experiences in adolescents and were co-authors on work examining onset of self-harm in adolescence and on influence of coping strategies on effectiveness of universal interventions.
- Work examining risk factors for suicide part of the Suicide Support and Information System Case Control study (SSIS ACE) study was carried out, for publication in 2021.

Personnel involved:

Dr Elaine McMahon; Professor Ella Arensman (Mentor); Collaborators: Dr Eve Griffin, Dr Paul Corcoran, Professor Mary Cannon, Dr Fiona McNicholas, Mr Derek Chambers, Professor Gwendolen Portsky, Dr Anne Jeffers, Professor Danuta Wasserman, Dr Helen Keeley, Dr Sheena McHugh.

Publications in 2020:

- McMahon, E. M., P. Corcoran, H. Keeley, M. Clarke, H. Coughlan, D. Wasserman, C. W. Hoven, V. Carli, M. Sarchiapone, C. Healy & M. Cannon (2020) Risk and protective factors for psychotic experiences in adolescence: a population-based study. *Psychol Med*, 1-9.
<https://www.cambridge.org/core/journals/psychological-medicine/article/risk-and-protective-factors-for-psychotic-experiences-in-adolescence-a-populationbased-study/DE19B00860E77357D1C78F0F412B7B5A/share/579491ae067987821846bf883fed20c222e3102d>
- Griffin, E. & E. McMahon (2020) Adolescent mental health: Global data informing opportunities for prevention. *EClinicalMedicine*, 24, 100413.
<https://www.sciencedirect.com/science/article/pii/S2589537020301577>
- Daly, C., E. Griffin, E. McMahon, P. Corcoran, R. T. Webb, D. M. Ashcroft & E. Arensman (2020a) Paracetamol-related intentional drug overdose among young people: a national registry study of characteristics, incidence and trends, 2007-2018. *Soc Psychiatry Psychiatr Epidemiol*.
https://link.springer.com/epdf/10.1007/s00127-020-01981-y?sharing_token=UFVvzPspJDXDQiBA96Q_lve4RwlQNchNByi7wbcMAY5pv_a3cyxXgYy-PG8ZSm9fOK_-oTi7IOU3irBjgSOL7LDN6rErR_12TdCADfdViHFWep4FA32zBcl1aZ0qNIRFiST-CBFLs8arBoOj4nen5Si2RDK3i22BkTUD6Lzb4x4%3D
- Daly, C., E. Griffin, E. McMahon, P. Corcoran, R. T. Webb, K. Witt, D. M. Ashcroft & E. Arensman (2020b) Repeat Self-Harm Following Hospital-Presenting Intentional Drug Overdose among Young People-A National Registry Study. *Int J Environ Res Public Health*, 17. www.mdpi.com/1660-4601/17/17/6159/htm
- Kaess, M., L. Eppelmann, R. Brunner, P. Parzer, F. Resch, V. Carli, C. Wasserman, M. Sarchiapone, C. W. Hoven, A. Apter, J. Balazs, S. Barzilay, J. Bobes, D. Cosman, L. O. Horvath, J. P. Kahn, H. Keeley, E.

McMahon, T. Podlogar, V. Postuvan, P. A. Saiz, A. Tubiana, A. Varnik & D. Wasserman (2020) Life Events Predicting the First Onset of Adolescent Direct Self-Injurious Behavior-A Prospective Multicenter Study. *J Adolesc Health*, 66, 195-201. <https://pubmed.ncbi.nlm.nih.gov/31677986/>

- Kahn, J. P., R. F. Cohen, A. Tubiana, K. Legrand, C. Wasserman, V. Carli, A. Apter, J. Balazs, R. Banzer, F. Baralla, S. Barzilai, J. Bobes, R. Brunner, P. Corcoran, D. Cosman, F. Guillemin, C. Haring, M. Kaess, U. M. Bitenc, G. Mészáros, E. McMahon, V. Postuvan, P. Saiz, A. Varnik, P. Varnik, M. Sarchiapone, C. W. Hoven & D. Wasserman (2020) Influence of coping strategies on

the efficacy of YAM (Youth Aware of Mental Health): a universal school-based suicide preventive program. *Eur Child Adolesc Psychiatry*, 29, 1671-1681.

<https://link.springer.com/article/10.1007/s00787-020-01476-w>

Presentations/workshops related to project in 2020:

- McMahon E: "Youth Mental Health: Priorities for Research and Mental Health Service Development" as part of the National Suicide Research Foundation Webinar for World Mental Health Day 2020.

Strategic Research Cluster Five

Clinical subgroups

- Improving Prediction and Risk Assessment of Suicide and Self-Harm (IMPRESS)
- Deaths amongst Mental Health Services Patients

Improving Prediction and Risk Assessment of Suicide and Self-Harm (IMPRESS)

This study is part of the HRB funded 5-year research programme. The study employs an infrastructure that has been established as part of the SSIS-ACE study in the Cork hospitals for developing procedures to approach consecutive patients with high risk self-harm (high lethality self-harm presentations and low lethality self-harm presentations with high level of suicide intent) and those who have engaged in five or more previous acts of self-harm (i.e. people with frequent self-harm repetition). Each patient who fulfils the inclusion criteria will be invited to take part in a baseline interview shortly after the index self-harm presentation and a follow-up interview six months after the index presentation.

Project Aims:

- To examine risk factors associated with repeated self-harm among patients with frequent self-harm repetition and patients with high risk self-harm;
- To develop a risk assessment procedure for repeated self-harm and suicide for use in a general hospital setting.

Key Deliverables and Outcomes in 2020:

- Data entry and data cleaning completed
- Data analysis and reporting on child sexual abuse and risk of repeated self-harm completed
- Data analysis and reporting on comorbid mental and physical health conditions associated with self-harm completed
- Preparation of peer reviewed papers based on project results (Ongoing)
- Briefings for relevant stakeholders

Personnel Involved:

Professor Ella Arensman, Ms Karen Mulcahy, Dr Isabela Troya, Dr Anvar Sadath, Dr Grace Cully, Ms Sarah Nicholson, Ms Eunice Philip.

Publications in 2020:

- Troya MI, Cully G, Leahy D, Cassidy E, Sadath A, Nicholson S, Ramos Costa AP, Alberdi-Páramo I, Jeffers A, Shiely F, Arensman E. Investigating the relationship between childhood sexual abuse, self-harm repetition and suicidal intent: mixed-methods study. Completed in 2020; Published in *BJPsych Open* in 2021.

<https://www.cambridge.org/core/journals/bjpsych-open/article/investigating-the-relationship-between-childhood-sexual-abuse-selfharm-repetition-and-suicidal-intent-mixedmethods-study/7736AF43594DC4BA2DD8AAE1B76FFEF6>

Presentations/workshops related to project in 2020:

- Arensman E, Troya M.I. Self-Harm and Suicide, Lecture for Trainee GPs, Cork, May 2020.
- Arensman E. Clinical subgroups of patients who engage in self-harm and implications for conducting a biopsychosocial assessment. Seminar for the Donegal Mental Health Services. June 2020.

Deaths among Mental Health Services Patients

A recent systematic review and meta-analysis of the prevalence of contact with mental health services preceding suicide revealed that contact with services prior to suicide was found to be common and that contact with inpatient or outpatient mental health services before suicide seems to be increasing (Walby et al., 2018; Walsh et al., 2015). When a death occurs within mental health services in Ireland, reporting occurs via 1) the Mental Health Commission (MHC), 2) the National Incident Management System (NIMS), operated by the State Claims Agency and the Health Services Executive (HSE). The purpose of this study is to merge the datasets from the HSE and the MHC to learn about circumstances surrounding deaths by suicide in mental health services.

Project Aims:

The main objectives of this study are:

- To assess the completeness of data collected by the MHC and HSE
- To review the circumstances surrounding deaths by suicide in mental health services

Key Deliverables and Outcomes in 2020:

- Project commenced in 2021

2021

- Data Processing Agreement and Data Sharing Protocol (May 2021)
- Ethical Approval (July 2021)
- Data Completeness Report (October 2021)
- Review of the Circumstances surrounding Deaths by Suicide in Mental Health Services Report

Personnel Involved:

National Suicide Research Foundation: Dr Paul Corcoran, Dr Clíodhna O'Connor, Doireann Ní Dhálaigh

Mental Health Commission: Gary Kiernan, Daniel Costigan

HSE: Derek Chambers

National Office for Suicide Prevention: Professor Philip Dodd

Strategic Research Cluster Six

Suicide, Self-harm and Mental Health in the Workplace

- Mental Health Promotion and Intervention in Occupational Settings (MENTUPP)

Mental Health Promotion and Intervention in Occupational Settings (MENTUPP)

MENTUPP is a large-scale EU funded research project aimed to improve mental health and wellbeing in the workplace by developing, implementing and evaluating a comprehensive, multilevel intervention targeting both clinical and non-clinical mental health issues and with a particular focus on Small and Medium Enterprises (SMEs). The project involves 14 countries and 17 project partners, including: the National Suicide Research Foundation, University College Cork, European Alliance Against Depression; the Australian 'Mates in Construction' (a workplace intervention to reduce suicide in construction workers); Pintail, the World Health Organization and Institution of Occupational Safety & Health (IOSH). The project has a total funding allocation of €4.3 million. Of all 141 submissions, the MENTUPP project received the highest ranking. MENTUPP will be conducted by an interdisciplinary consortium that includes world leading experts in mental health in occupational settings, depression, anxiety, stress, suicide prevention and stigma.

Project Aims:

- The primary aim of MENTUPP is to improve mental health and wellbeing in the workplace by developing, implementing and evaluating (via a Cluster Randomised Controlled Trial) a comprehensive, multilevel intervention targeting both clinical (depressive, anxiety disorders) and non-clinical (stress, burnout, wellbeing, depressive symptoms) mental health issues, as well as combating the stigma of mental (ill-) health.
- The secondary aim is to reduce depression and suicidal behaviour.

Key Deliverables and Outcomes in 2020:

- MENTUPP Kick off meeting hosted by the NSRF and UCC in January 2020
- Ethics approvals obtained by all MENTUPP intervention countries: March 2020
- Delphi Survey completed: October 2020
- Draft materials completed: December 2020
- MENTUPP systematic reviews completed and in progress
- Steering Group meetings held in all intervention countries

Personnel Involved:

Professor Ella Arensman, Dr Birgit Greiner, Dr Paul Corcoran, Ms Eileen Williamson, Ms Karen Mulcahy, Ms Grace Davey, Dr Eve Griffin, Ms Carolyn Holland, Dr Caleb Leduc, Dr Cliodhna O'Connor, Dr Grace Cully, Ms Doireann Ni Dhalaigh, Ms Eileen Hegarty, Mr Niall McTernan.

Publications in 2020:

- Paterson C, Leduc C, Maxwell M, Aust B, Amann BL, Cerga-Pashoja A, Coppens E, Couwenbergh C, O'Connor C, Arensman E, Greiner B. Evidence for implementation of interventions to promote mental health in the workplace: a systematic scoping review protocol. Systematic Reviews (completed in 2020, published in 2021). <https://systematicreviewsjournal.biomedcentral.com/articles/10.1186/s13643-020-01570-9#citeas>
- Hogg B, Medina JC, Gardoki-Souto I, Serbanescu I, Moreno-Alcázar A, Cerga-Pashoja A, Coppens E, Ditta Tóth M, Fanaj M, Greiner BA, Holland C, Kölves K, Maxwell M, Qirjako G, De Winter L, Hegerl U, Pérez-Sola V, Arensman E, Amann B.L. Workplace Interventions to Reduce Depression and Anxiety in Small and Medium-Sized Enterprises: A Systematic Review. Journal of Affective Disorders (completed in 2020, published in 2021). <https://www.sciencedirect.com/science/article/pii/S0165032721004031>
- MENTUPP Press Releases were disseminated in January, May, September and October 2020.

Presentations/workshops related to project in 2020:

- Arensman E. Impacts of COVID-19 on mental health and suicide risk in occupational settings: Implications for suicide prevention and research. Virtual TRIPLE i Conference, Slovenia, June 2020.
- Arensman E. Mental health promotion and suicide prevention in occupational settings. Virtual Seminar for Resource Officers for Suicide Prevention, National Office for Suicide Prevention, September 2020.
- Arensman E. Mental health promotion and suicide prevention in occupational settings. Virtual lecture, Masters in Occupational Health, Cork, October 2020.

Strategic Research Cluster Seven

Bereavement following Suicide

- Profile and outcomes of individuals attending a suicide bereavement peer-support group

A study of the profile and outcomes of individuals attending a suicide bereavement peer-support group.

Healing Untold Grief Group (HUGG) is a charitable organisation established in 2017, with a view to providing community-based peer-support groups to adults, aged 18 years and older, who have been bereaved by suicide (www.hugg.ie). This project aims to examine the demographics and profile of individuals bereaved by suicide who are attending the HUGG peer-support groups in terms of psychological wellbeing and grief experiences.

Project Aims:

Using a survey approach, the specific objectives of study are to:

- Examine the demographics and outcomes of individuals bereaved by suicide across a number of measures, specifically levels of depression and suicidality, social adjustment, stigma, somatic symptoms and complicated grief.
- For new members of the groups, assess changes in these outcomes at baseline, after 8 sessions and up to 9 months' follow-up.
- Explore participants' experiences with the peer support groups, particularly in a virtual setting.

This study will provide important insights into the change in participants' outcomes over time, including their psychological and physical responses. Such data is vital to inform timely and appropriate services for this population. The feedback obtained on the nature of the support groups will be used by HUGG to tailor and optimise the operation of their support groups.

Key Deliverables and Outcomes in 2020:

- Development of pilot project plan (April 2020)
- Ethical approval from Clinical Research Ethics Committee of the Cork Teaching Hospitals (CREC) (June 2020)
- Commencement of data collection (August 2020).
- Between August and December 2020, 46 members of the HUGG groups completed the surveys. It is expected that this pilot will be scaled up in 2021, and that data collection will continue in line with the establishment of additional virtual groups, and will seek to assess changes in outcomes over time. In addition, a series of semi-structured interviews with individuals of the peer-support groups will further explore the experiences of bereavement and engagement with the groups.

Personnel Involved:

Dr Eve Griffin, Professor Ella Arensman, Dr Eimear Ruane-McAteer, Dr Paul Corcoran.

Strategic Research Cluster Eight

Suicide and the Media

- The role of the media in suicide prevention

The Role of the Media in Suicide Prevention

The media may have both a positive and negative influence in the development of self-harm and suicidal behaviour. While the copycat and imitation effects of media reporting are well established, recently there is an increasing evidence base in relation to using the media in a positive way - the so called 'Papageno' or preventative effect (Niederkrötenhaler et al 2010). The first study in this project sought to examine the quality of media reporting of four cases of suicide in Ireland between September 2009 and December 2012, and investigated the degree to which the media guidelines for reporting of suicide were adhered to for each of the four cases examined. The second study sought to obtain people's perceptions on the impact of a television documentary on awareness of mental health, wellbeing and help-seeking behaviour. In 2020, the NSRF were commissioned by the NOSP to identify, review, and summarise the literature and evidence on the harmful impact of suicide and self-harm online.

Project Aims:

- Examine if the media can have a positive impact in terms of reducing stigma related to mental health, addressing common misconceptions and encouraging help seeking behaviour.
- To identify, review and summarise the literature and evidence on the harmful impact of suicide and self harm online.
- To establish if there are specific types/categories of online material that is considered more harmful/higher risk in relation to suicidal and self-harm behavior.

Key Deliverables and Outcomes in 2020:

- Publication in the Irish Journal of Psychological Medicine based on the outcomes of the 'Our Mental Health' survey (March 2020)
- Publication of report reviewing literature related to the harmful impact of suicide and self-harm content online in collaboration with the National Office for Suicide Prevention (November 2020)
- Presentation of literature review findings to key stakeholders in the Department of the Environment, Climate and Communications and the Broadcasting Authority of Ireland (November 2020)
- Work with stakeholders as outlined in Connecting for Life to explore ways of restricting access to sites that primarily exist to promote suicide or self-harm (Ongoing)

Personnel Involved:

Mr Niall McTernan, Ms Fenella Ryan, Dr Paul Corcoran.

Publications in 2020:

- McTernan N, Ryan F, Williamson E, Chambers D, Arensman E. Using a television programme as a tool to increase perceived awareness of mental health and well-being – findings from 'Our Mental Health' survey. Irish Journal of Psychological Medicine.

<https://www.cambridge.org/core/journals/irish-journal-of-psychological-medicine/article/abs/using-a-television-programme-as-a-tool-to-increase-perceived-awareness-of-mental-health-and-wellbeing-findings-from-our-mental-health-survey/423EB4255AF5D3934F91CF0E891A553D>

- McTernan, Ryan F. The Harmful Impact of Suicide and Self-Harm Content Online: A Review of the Literature. National Suicide Research Foundation.

www.nsrfl.ie/wp-content/uploads/2020/11/Harmful-impact-of-suicide-and-self-harm-content-online-Review-of-the-literature-Final.pdf

Presentations/workshops related to project in 2020:

- McTernan, Ryan F. The Harmful Impact of Suicide and Self-Harm Content Online: A Review of the Literature. Connecting for Life Stakeholder Workshop. November 10th 2020.

Strategic Research Cluster Nine

Restricting access to Lethal Means

- Individual and Ecological Factors Associated with Intentional Drug Overdose

Individual and Ecological Factors Associated with Intentional Drug Overdose

The overarching aim of this research was to provide a comprehensive understanding of the demographic, clinical and drug-related factors associated with IDO. Ultimately this research will inform legislation and recommendations for means restriction interventions related to suicidal behaviour. This study aligns with Goal 6 of Connecting for Life, Irelands National Strategy to Reduce Suicide in Ireland 2015-2020: To reduce and restrict access to means of suicidal behaviour, by informing goals 6.1: To reduce access to frequently used drugs in Intentional Drug Overdose (IDO) and 6.2: To reduce access to highly lethal methods used in suicidal behaviour.

Project Aims:

- 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 characteristics of fatal and non-fatal IDO, and to establish which drug types are linked with greater risk of a fatal outcome.
- To describe the characteristics, incidence, and temporal trends in paracetamol-related IDO among young people.
- To investigate repeat self-harm and method switching among young people, following hospital-presenting IDO.

Key Deliverables and Outcomes in 2020:

- Full project thesis submission (May 2020)
- Finalisation of 3 remaining studies aligned to this body of research (Jan-Dec 2020)
- Preparation of 3 peer review papers (Jan-Dec 2020)
- Dissemination of ongoing and published research at conferences and workshops (Jan-Dec 2020).

Personnel Involved:

National Suicide Research Foundation: Dr Caroline Daly, Professor Ella Arensman, Dr Eve Griffin,

University of Manchester: Professor Roger Webb and Professor Darren Ashcroft

University College Cork: Professor Ivan Perry

Publications in 2020:

- A national case fatality study of drugs taken in intentional overdose. Daly C, Griffin E, Ashcroft DM, Webb RT, Perry IJ, Arensman E. (2019) Int J Drug Pol. 76:102609. doi: 10.1016/j.drugpo.2019.102609.

<https://www.sciencedirect.com/science/article/abs/pii/S0955395919303160>

- Repeat Self-Harm Following Hospital-Presenting

Intentional Drug Overdose among Young People—A National Registry Study. Daly C, Griffin E, McMahon E, Corcoran P, Webb RT, Witt K, Ashcroft DM, Arensman E. (2020) Int. J. Environ. Res. Public Health. 17(17), 6159-6175. doi: 10.3390/ijerph17176159.

www.mdpi.com/1660-4601/17/17/6159/htm

- Paracetamol-related intentional drug overdose among young people: a national registry study of characteristics, incidence, and trends, 2007-2018. Daly C, Griffin E, McMahon E, Corcoran P, Webb RT, Ashcroft DM, Arensman E. (2020) Social Psychiatry and Psychiatric Epidemiology. doi: 10.1007/s00127-020-01981-y.
https://link.springer.com/epdf/10.1007/s00127-020-01981-y?sharing_token=UFVvzPspJDxDQiBA96Q_lve4RwlQNchNBiy7wbcMAY5pv_a3cyxXgYy-PG8ZSm9fOK_-oTi7IOU3irBjgSOL7LDN6rErR_12TdCADfdViHFWepP4FA32zBcl1aZOqNIRFiST-CBFLs8arBoOj4ne n5Si2RDK3i22BkTUD6Lzb4x4%3D

Presentations/workshops related to project in 2020:

- Paracetamol-related intentional drug overdose among young people: a national registry study of characteristics, incidence and trends, 2007-2018. Daly C, Griffin E, McMahon E, Corcoran P, Webb R, Ashcroft D, Perry IJ, Arensman E. New Horizons Research Conference, 3rd December 2020, UCC, Cork-online.
- Paracetamol-related intentional drug overdose among young people: a national registry study of characteristics, incidence and trends, 2007-2018. Daly C, Griffin E, McMahon E, Corcoran P, Webb R, Ashcroft D, Perry IJ, Arensman E. World Mental Health Day webinar, 9th October 2020, NSRF, Cork-online.
- A national case fatality study of drugs taken in intentional overdose. Daly C, Griffin E, Corcoran P, Webb R, Ashcroft D, Perry IJ, Arensman E. 27th British Isles Research Workshop on Suicide and Self-Harm & The Lancet Psychiatry Suicide Symposium, 5th October 2020, Oxford-online.

Strategic Research Cluster Ten

Other

- C-SSHRI: Connecting Suicide and Self-Harm Researchers on the island of Ireland

C-SSHRI: Connecting Suicide and Self-Harm Researchers on the island of Ireland

Connecting for Life is Ireland's national plan to reduce suicide 2015-2024. One key strategic goal is to improve surveillance, evaluation and high-quality research relating to suicidal behaviour.

In addressing this goal, specifically Action 7.4.2, C-SSHRI project partners (National Suicide Research Foundation (NSRF), the Higher Education Authority (HEA) and the National Office for Suicide Prevention (NOSP) are committed to co-ordinating and streamlining self-harm and suicide-related research completed on the island of Ireland.

The NSRF have established an internal Project Management Team to conduct the research. The Project Steering Group, with representation from the NSRF, the HEA and NOSP, will oversee project work and will report to the Connecting for Life Working Group.

This exciting project will enhance collaboration between researchers across the island of Ireland, facilitate a wider dissemination of research findings, increase awareness of ongoing research, and through combined experience and expertise, create a 'community of influence' with respect to suicide and self-harm policy and commissioned research.

Project Aims:

To co-ordinate and streamline research related to suicide and self-harm, completed on the island of Ireland. Specifically:

- Investigate literature to identify published suicide and self-harm research, and associated researchers.
- Develop a central research repository.
- Establish a network of researchers.
- Organise annual workshops and seminars to facilitate collaboration.

Personnel Involved:

Fenella Ryan, Dr Clíodhna O'Connor, Doireann Ni Dhalaigh, Eileen Williamson, Professor Ella Arensman and Dr Mary Joyce.

Key Deliverables and Outcomes in 2020:

- A Project Steering Group was established in late 2020 and an internal Project Management Team was subsequently established within the NSRF.
- The Steering Group submitted a funding application to the HEA in December 2020. The funding was approved, and the project commenced in January 2021. A report on the Systematic Investigation of Research on Suicide and Self-Harm by Researchers on the Island of Ireland since 2015, was completed by members of the NSRF and presented to project partners in March 2021.

Publications

Peer Review Papers / Reports / Briefings

Papers published 2020 (n=29)		
The impact of the COVID-19 pandemic on self-harm and suicidal behaviour: a living systematic review	John A, Okolie C, Eyles E, Webb RT, Schmidt L, McGuinness LA, Olorisade B, Arensman E, Hawton K, Kapur N, Moran P, O'Connor C, O'Neill S, Higgins JPT, Gunnell D	<i>F1000 Research</i> 9:1097.
Factors explaining variation in the recommended care pathways following hospital-presenting self-harm. A multilevel national registry study	Griffin E, Gunnell D, Corcoran P.	<i>BJPsych Open</i> , 6(6), E145
Real-time suicide mortality data from police reports in Queensland, Australia, during the COVID-19 pandemic: an interrupted time-series analysis.	Leske S, Kolves K, Crompton D, Arensman E, DeLeo D	<i>The Lancet Psychiatry</i> , 8(1): 58-63
Paracetamol-related intentional drug overdose among young people: a national registry study of characteristics, incidence and trends, 2007-2018	Daly C, Griffin E, McMahon E, Corcoran P, Webb RT, Ashcroft DM, Arensman E	<i>Social Psychiatry and Psychiatric Epidemiology</i> 56(5):773-781
The impact of infectious-disease related public health emergencies on suicide, suicidal behaviour, and suicidal thoughts: a systematic review	Zortea T, Brenna C, Joyce M, McClelland H, Tippet M, Tran M, Arensman E, Corcoran P, Hatcher S, Heisel M, Links P, O'Connor R, Edgar N, Cha Y, Guaiana G, Williamson E, Sinyor M, Platt S	<i>Crisis</i> , Oct 16:1-14.
COVID-19 Estimating the burden of symptomatic disease in the community and the impact of public health measures on physical, mental and social wellbeing: a study protocol.	Troya MI, Khashan A, Kearney P et al	<i>HRB Open Res</i> 2020, 3:49
Timing of supports and interventions following self-harm is crucial.	Griffin E	<i>The Lancet Regional Health - Western Pacific</i> , Volume 3,2020.
Repeat Self-Harm Following Hospital-Presenting Intentional Drug Overdose among Young People—A National Registry Study.	Daly C, Griffin E, McMahon E, Corcoran P, Webb RT, Witt K, Ashcroft DM, Arensman E	<i>Int. J. Environ. Res. Public Health</i> 2020, 17(17), 6159
The mental and physical health profile of people who died by suicide: findings from the Suicide Support and Information System	Leahy D, Larkin C, Leahy D, McAuliffe C, Corcoran P, Williamson E, Arensman E	<i>Social Psychiatry and Psychiatric Epidemiology</i> , 55(11):1525-1533
Patients' Experiences of Engagement with Healthcare Services Following a High-Risk Self- Harm Presentation to a Hospital Emergency Department: A Mixed Methods Study	Cully G, Leahy D, Shiely F, Arensman E	<i>Archive of Suicide Research</i> , 24:1-21
Suicide research, prevention and Covid-19: towards a global response and the establishment of an international research collaboration	Niederkrötenhaler T, Gunnell D, Arensman E, Pirkis J, Appleby L, Hawton K, John A, Kapur N, Khan M, O'Connor RC, Platt S, and the International COVID-19 Suicide Prevention Research Collaboration.	<i>Crisis</i> , 41: 321-330
Adolescent mental health: Global data informing opportunities for prevention.	Griffin E, McMahon E.	<i>EClinicalMedicine</i> , 23:100378
Suicide and Suicide Prevention From a Global Perspective.	Arensman E, Scott V, De Leo D, Pirkis J	<i>Crisis</i> . 2020 Mar;41(Suppl 1):S3-S7

Suicide Prevention in the Southeast Asia Region.	Vijayakumar L, Daly C, Arafat Y, Arensman E	<i>Crisis. 2020 Mar;41(Suppl 1):S21-S29.</i>
Future Directions.	Arensman E, De Leo D, Pirkis J	<i>Crisis. 2020 Mar;41(Suppl 1):S125-S130.</i>
Risk of repetition and subsequent self-harm following presentation to hospital with suicidal ideation: A longitudinal registry study.	Griffin E, Kavalidou K, Bonner B, O'Hagan D, Corcoran P	<i>EClinicalMedicine, 24:100413.</i>
Evaluating the national multisite implementation of dialectical behaviour therapy in a community setting: a mixed methods approach	Flynn D, Joyce M, Gillespie C, Kells M, Swales M, Spillane A, Hurley J, Hayes A, Gallagher E, Arensman E, Weihrauch M.	<i>BMC Psychiatry, 20:235</i>
Suicide risk and prevention during the COVID-19 pandemic.	Gunnell D, Appleby L, Arensman E, Hawton K, John A, Kapur N et al	<i>The Lancet Psychiatry 7(6): 468-471</i>
Study protocol for the implementation and evaluation of the Self-harm Assessment and Management for General Hospitals programme in Ireland (SAMAGH)	Arensman E, Troya I, Nicholson S, Sadath A, Cully G, Ramos Costa A, Benson R, Corcoran P, Griffin E, Williamson E, Eustace J, Shiely F, Browne J, Rigby R, Jeffers A, Cassidy E	<i>BMC Health Services Research 20, 590</i>
Using a television programme as a tool to increase perceived awareness of mental health and well-being – findings from 'Our Mental Health' survey.	McTernan N, Ryan F, Williamson E, Chambers D, Arensman E	<i>Irish Journal of Psychological Medicine, 1-11</i>
Carers' Motivations for, and Experiences of, Participating in Suicide Research.	Maple M, Wayland S, Sanford R, Spillane A, Coker S	<i>International Journal of Environmental Research and Public Health, 17,1733</i>
The psychosocial impacts of cybervictimisation and barriers to seeking social support: Young people's perspectives.	Dennehy R, Meaney S, Cronin M, Arensman E.	<i>Children and Youth Services Review Vol 111</i>
Young people's conceptualizations of the nature of cyberbullying: A systematic review and synthesis of qualitative research.	Dennehy R, Meaney S, Walsh KA, Sinnott C, Cronin M, Arensman E	<i>Aggression and Violent Behaviour Vol 51</i>
Role of the GP in the management of patients with self-harm behaviour: A systematic review	Mughal F, Troya MI, Dikomitil L, Chew-Graham CA, Corp N, Babatunde OO	<i>British Journal of General Practice 30;70(694):e364-e373.</i>
Risk and protective factors for psychotic experiences in adolescence: a population-based study	McMahon EM, Corcoran P, Keeley H, Clarke M, Coughlan H, Wasserman D, Hoven CW, Carli V, Sarchiapone M, Healy C, Cannon M.	<i>Psychological Medicine 1-9.</i>
An evaluation of the skills group component of DBT-A for parent/guardians: A mixed methods study	Flynn D, Gillespie C, Joyce M & Spillane A	<i>Irish Journal of Psychological Medicine, 1-9</i>
A national case fatality study of drugs taken in intentional overdose.	Daly C, Griffin E, Corcoran P, Webb RT, Ashcroft DM, Perry IJ, Arensman E	<i>International Journal of Drug Policy, Vol 76</i>
PROTECT: Relational safety-based suicide prevention training frameworks.	Ray M, Wyder M, Crompton D, Kousoulis AA, Arensman E, Hafzi S, Van Bortel T, Lombardo C	<i>International Journal of Mental Health Nursing, 29(3):533-543.</i>
Dialectical behaviour therapy skills reconsidered: Applying skills training to emotionally dysregulated individuals who do not engage in suicidal and self-harming behaviours	Kells M, Joyce M, Flynn D, Spillane A, Hayes A.	<i>Borderline Personality Disorder and Emotion Dysregulation, 7:3</i>

Reports 2020 (n=4)		
NSRF Annual Report 2019	Ryan F, Williamson E	<i>National Suicide Research Foundation</i>
National Self-Harm Registry Ireland: Annual report 2019	Joyce M, Daly C, McTernan N, Griffin E, Nicholson S, Arensman E, Williamson E, Corcoran P	<i>National Suicide Research Foundation</i>
The Harmful Impact of Suicide and Self-Harm Content Online: A Review of the Literature	McTernan N, Ryan F	<i>National Suicide Research Foundation</i>
Self-harm in Irish Prisons 2018: Second report from the Self-Harm Assessment and Data Analysis (SADA) Project	McTernan N, Corcoran P, Hume S, O'Reilly D, Kelly E	<i>Irish Prison Service</i>
Book chapters 2020 (n=1)		
Suicide and Suicide Prevention From a Global Perspective	Arensman E, De Leo D, Pirkis J	<i>Hogrefe publishing</i>
Briefing documents 2020 (n=5)		
UCC's School of Public Health to Undertake Key Survey to Determine Impact of COVID-19 on People's Wellbeing	National Suicide Research Foundation/ UCC	May 2020
Mental Health Promotion and Intervention in Occupational Settings (MINDUP) - Addressing the Impacts of COVID-19 on Mental Health and Wellbeing in Small and Medium Enterprises	National Suicide Research Foundation/ European Alliance Against Depression	May 2020
Briefing: Murder-suicide and media reporting	National Suicide Research Foundation	October 2020
Hospital-presenting self-harm during January-August 2020	National Suicide Research Foundation	December 2020
Briefing for the Ministry of Health in the Russian Federation - Establishing a Multi-Centre Self-Harm Surveillance System in the Russian Federation.	WHOCC-NSRF	December 2020

Membership of Committees and Steering Groups

Dr Margaret Kelleher	
Irish Association of Suicidology	Director
International Academy for Suicide Research	Member
Professor Ella Arensman	
International Association for Suicide Prevention - College of Presidents	Representative
European Alliance Against Depression	Vice-President
EuroSafe Task Force on Suicide and Deliberate Self Harm	Coordinator
World Health Organisation	Advisor
Steering Group HRB 5-year Programme	Chair
IASP Special Interest Group - Clusters and Contagion in Suicidal Behavior	Co-Chair
Graduate Studies and Research Committee, School of Public Health, University College Cork, Ireland	Co-chair
Crisis, The Journal Of Crisis Intervention and Suicide Prevention	Co-Editor and Reviewer
Steering Group of the International COVID-19 Suicide Prevention Collaboration (ICSPPC)	Member
Steering Group for the PRISM research programme: PProviding Improved care for Self-harM: a mixed-methods study of intervention, economic and implementation outcomes from a national clinical programme	Member
Healing Untold Grief Groups (HUGG) Project Working Group	Member
Advisory Panel for the Psychological Autopsy Study of Railway Suicides in the UK	Member
UCC College of Medicine and Health Research Committee	Member
CSO Liaison Group on Suicide Mortality Statistics	Member
National Cross Sectorial Steering and Implementation Group for Connecting for Life 2015-2024	Member
IASP Special Interest Group on National Suicide Prevention Programs	Member
Programme Steering Group for the UK study on suicide and self-harm funded by the National Institute for Health Research, UK	Member
National Steering Group of the Mental Health Awareness Campaign - Ireland	Member
National Steering Group for the Implementation of the National Suicide Bereavement Liaison Service	Member
Cork Connecting for Life Suicide Prevention Forum	Member
Connecting for Life Evaluation Advisory Group	Member
Executive Committee, School of Public Health	Member
Working Group Mental Health Triage Audit and Research Committee	Member
Working Group Research and Audit - National Clinical Programme for the Assessment and Management of Patients presenting to Emergency Departments following Self-Harm	Member
Steering Group of A Psychological Autopsy Study of Suicide Deaths among Children and Adolescents aged 10-20 years in The Netherlands	Member
Advisory Group for the National Suicide Prevention Programme in Germany	Member

Dr Paul Corcoran	
Graduate Studies Board Committee, Department of Obstetrics and Gynecology and School of Epidemiology and Public Health, University College Cork	Member
CSO Liaison Group on Suicide Mortality Statistics	Member
Evaluation Advisory Group for Connecting for Life	Member
School of Public Health Social Research Ethics Committee	Member
School of Public Health Medical Training Committee	Member
School of Medicine Graduate Entry Medicine Oversight Committee	Member
Dr Colette Corry	
Connecting for Life Implementation Group Donegal	Member
Learning Community Practice Group CHO1	Member
HSE NOSP Coronial Data Project Technical Advisory Group	Member
Donegal Mind and Wellness	Member
Donegal Suicide and Self-Harm Awareness And Response Project	Member
Dr Eve Griffin	
National Clinical Programme for the Assessment and Management of Self-harm in Emergency Departments Research and Audit Group	Member
Justina Hurley	
Cork Healthy Cities – PSYCHED, Mental Health Promoting Workplace initiative	Member
Mr Niall McTernan	
Headline's Expert Advisory Panel	Member
CSO Suicide Mortality Statistics Liaison Group	Member
Ms Eileen Williamson	
CSO Suicide Mortality Statistics Liaison Group	Co-chair and Member
Association for Child and Adolescent Mental Health, Special Interest Group	Member
International Association for Suicide Prevention	Member
Board of Management NICHE Health Project (Cork) CLG	Member
Steering Group HRB 5-year Programme	Member
MENTUPP Steering Group	Member
EAAD-Best Steering Group	Member
HEA Connecting for Life Cross Sectoral Working Group	Member

SUICIDE RESEARCH
FOUNDATION COMPANY LIMITED
BY GUARANTEE

ANNUAL REPORT
AND FINANCIAL STATEMENTS
FOR THE FINANCIAL YEAR ENDED
31 DECEMBER 2020

Financial Statements

Company Registration No. 224676 (Ireland)

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

Company Information

Members

Margaret Kelleher
Bishop Paul Colton
Patricia Casey
Dave Drohan
Patricia Behan
Tom O'Dwyer
Bertie Kelleher
Barry McGale
Eugene Cassidy
Birgit Greiner
James McCarthy
Colin Bradley
Siobhan O'Neill
Mark O'Callaghan
Dan Neville

Trustees

Margaret Kelleher
James McCarthy
Dave Drohan
Barry McGale
Eugene Cassidy
Siobhan O'Neill
Mark O'Callaghan
Eileen Williamson

Directors

Margaret Kelleher
James McCarthy
Dave Drohan
Barry McGale
Eugene Cassidy
Siobhan O'Neill
Mark O'Callaghan

Secretary

Eileen Williamson

Company number

224676

Charity number

CHY11351

Charities Regulatory Authority Number

20030889

Registered Office

1 Perrott Avenue
College Road
Cork

Auditor

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

Business Address

Room 4.36
Western Gateway Building
University College Cork
Cork
T12 YF9N

Bankers

Allied Irish Banks plc
66 South Mall
Cork

Solicitors

CCK Law Firm
Newmount House
22/24 Mount Street Lower
Dublin 2

Content

	Page
Directors' Report	50
Directors' Responsibilities Statement	64
Independent Auditor's Report	65
Statement of Financial Activities	67
Balance Sheet	68
Statement of Changes in Funds	69
Statement of Cash Flows	70
Notes to the Financial Statements	71
Unaudited Management Information for the Financial Year Ended 31 December 2020	88

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

The directors present their report and financial statements for the financial year ended 31 December 2020.

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 as modified by the Statement Of Recommended Practice "Accounting and Reporting by Charities" (FRS Charities SORP) (2018) effective for reporting periods beginning on or after 1 January 2019, known as the 'SORP' (the financial reporting framework).

The organisation is a charitable company with a registered office at 1 Perrott Avenue, College Road, Cork and has a registered business name of 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 2015-2024.

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, applied social studies, 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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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 2020

During 2020, the NSRF had its highest number of submitted applications for grant funding and publications (31 in total, available at <https://www.nsrp.ie/2020-journal-articles/>).

Due to its status as a WHO Collaborating Centre on Suicide Research and Surveillance, the NSRF has had many requests from the WHO for advice and information to be included in its briefing documents and official resources in relation to the impact of the pandemic on the mental health of populations.

The NSRF has received an increased number of requests for data and information from the Department of Health, the HSE NOSP, elected representatives, the media, researchers, students, and members of the public.

In summary, the research programme is continuing in line with agreed objectives and the NSRF has been successful in obtaining additional funding for new research projects as outlined below in Future Developments.

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 and interim reports of the registry at www.nsrp.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.

Project deliverables 2020

- Annual report for 2019
- 4 peer-reviewed publications: <https://www.nsrp.ie/publications/journal-articles/>
- Briefing document covering the period Jan-Aug 2020 re the impact of the pandemic.

The NSRF has an Overall Agreement with the National Office for Suicide Prevention for the duration of *Connecting for Life* 2015-2024, and agrees the terms of a Service Arrangement annually in respect of funding for the National Self-Harm Registry Ireland and agreed research projects.

The work relating to the National Self-Harm Registry is continuing even though it has not been possible for some Data Registration Officers to go to hospitals to collect data at different times during the past year, it was possible to release the 2019 Annual Report of the National Self-Harm Registry in December 2020 in addition to a Briefing in relation to hospital-presenting self-harm during January to August 2020.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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 NSRF provides statistical analysis, support and independent verification of data recorded by the Northern Ireland Registry of Self-harm. A yearly contract is agreed with the Public Health Agency.

Research 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 Strategy to Reduce Suicide, 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 to the Irish Prison Service National Suicide and Harm Prevention Steering Group (NSHPG) on a quarterly basis. The NSRF coordinates the data management, data analysis and reporting of findings from the SADA Project.

Project Aims

To collate, enter and analyse data from the Irish Prison Service's Self-Harm/Suicide Surveillance & Monitoring System

Project deliverables for 2020

1. Full year summary report for 2018 (July 2020).
2. Presentation to IPS National Suicide and Harm Prevention Steering Group (September 2020).
3. Full year summary report for 2019 (March 2021)
4. Preparation of a peer reviewed paper based on 3 years of data (June 2021)
5. Preparation of a form on Castor (new software) based on the prisons dataset to improve the data collection process (Ongoing).
6. Development of a sustainability plan (with IPS and NOSP) (Ongoing).

Individual and Ecological Factors Associated with Intentional Drug Overdose Study Aim

This research will inform legislation and recommendations for means restriction interventions related to suicidal behaviour. This study affects Goal 6 of *Connecting for Life*: To reduce and restrict access to means of suicidal behaviour, by informing goals 6.1: To reduce access to frequently used drugs in Intentional Drug Overdose (IDO) and 6.2: To reduce access to highly lethal methods used in suicidal behaviour.

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 paracetamol-related IDO among young people, and
- To explore repeat self-harm following IDO among young people.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

The Harmful Impact of Suicide and Self-Harm Content Online: A Review of the Literature

This commissioned review related to *Connecting for Life Action* 1.4.1 – “engage with online platforms to encourage best practice in reporting around suicidal behaviour, so as to encourage a safer online environment in this area”. The Department of Communications, Climate Action and Environment have lead responsibility for this action with the National Office for Suicide Prevention (NOSP) as a supporting partner. The report was presented to key stakeholders including the Broadcasting Authority of Ireland on November 10th, 2020. The review informed the position of the NOSP in relation to action 1.4.1 and extended the knowledge and understanding of the types of harmful suicide or self-harm content online in Ireland. The primary aims were:

- To identify, review and summarise the literature and evidence on the impact of harmful suicide or self-harm content online, and
- To propose clearly defined descriptions of categories of online material that are considered to be harmful in relation to suicide and self-harm.

Deaths amongst Mental Health Services Patients - options appraisal re optimal information system

Research indicates that the prevalence of contact with mental health services preceding suicide is common and that contact with inpatient or outpatient mental health services before suicide seems to be increasing (Walby et al., 2018; Walsh et al., 2015). Research from a meta-analysis has indicated that there is a suicide rate of 147 per 100,000 inpatients, with higher rates in more recent samples (Walsh et al., 2015). This rate is further increased for recently discharged psychiatric patients at a rate of 484 per 100,000 – this being 44 times the global suicide rate in 2012 (Chung et al., 2017).

The purpose of this research is: (1) to set out the current situation by mapping and reviewing data sources that exist within Ireland; (2) to provide information on systems currently in place in other countries for recording deaths by suicide of mental health services patients; and (3) to consider the options to create improved surveillance, monitoring, reporting and service responses to deaths of mental health service users through suicide.

This report has been shared with the HSE NOSP.

Deaths in Mental Health Services: Research Project with the Mental Health Commission and the HSE

The Project is a collaboration between the Mental Health Commission and the HSE which involves a retrospective review of data reported to the MHC and to the National Incident Management System on all probable suicide deaths in 2015-2020. The project objectives include (1) to assess case reporting and data completeness; (2) to describe the profile of patients who died by suicide, to estimate the suicide rate among mental health service patients and the proportion of all suicide deaths due to mental health service patients and to summarise identified learning related to patient safety and suicide prevention.

Evaluation of the Suicide Bereavement Liaison Officer Service

This study was commissioned by the HSE NOSP to evaluate the initial implementation of the Suicide Bereavement Liaison service in order to identify lessons learned and to inform service improvement and potential scale-up of the service nationally.

This study consists of two parts: (1) a quantitative study profiling the Suicide Bereavement Liaison Service for the year 2020, (2) a qualitative study of the experiences of the service with Suicide Bereavement Liaison Officers and the Resource Officers for Suicide Prevention.

Evaluation of the Irish College of General Practitioners Training

This is an evaluation study of a suicide prevention training programme for general practitioners and trainee general practitioners. The overall aims of the study are: (1) complete a review of the literature on suicide prevention training programmes for healthcare workers with a specific focus on general practitioners and (2) complete a quantitative and qualitative evaluation of a ‘Connecting with People’ suicide prevention training programme delivered by 4 Mental Health and arranged by the NOSP and the ICGP.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

Development of a National Undergraduate Curriculum in Suicide Prevention

Action 5.4.4 of the *Connecting for Life* strategy recommends the incorporation of suicide prevention training as part of undergraduate curricula of the relevant professions. This would ensure that students in relevant professions receive training in suicide prevention before they graduate. This project is phase one of the curriculum development initiative and aims to provide an evidence base and a starting point for developing a national undergraduate curriculum in suicide prevention that could be incorporated into a range of different programmes offered by Irish HEIs.

This project aims to (1) conduct a literature review for evidence to support curriculum content which will include government publications, key reports, published healthcare curriculum and other grey literature; (2) review national and international frameworks of core healthcare professional undergraduate programmes for suicide prevention guidelines; (3) identify relevant professions and conducting a mapping of relevant Irish courses and identifying key stakeholders to form a National Steering Group.

The NSRF has an Overall Agreement with the National Office for Suicide Prevention for the duration of *Connecting for Life* 2015-2024 (CFL), and agrees the terms of a Service Arrangement annually in respect of funding for the National Self-Harm Registry Ireland and agreed research projects.

Other Agreed Activities undertaken as part of the Service Arrangement

Group membership

- Central Statistics Office Suicide Mortality Statistics Liaison Group
- CFL Evaluation Advisory Group
- Suicide and Self-Harm Awareness, Assessment and Response Project
- National PsychoSocial Response Project Suicide & Self-Harm Awareness, Assessment & Response Project
- HEA CFL Cross Sectoral Group

Activities

- Synthesise/summarise literature in relation to COVID-19 of relevance for the NGO groups funded as part of CFL on a two-weekly basis
- Support of the Suicide Resource Officers including facilitated workshops on topics of their choice and participation in ROSP organised events
- Systematic rapid review on the Impact of Infectious Disease-Related Public Health Emergencies on Suicide, Suicidal Behaviour, and Suicidal Thoughts.

World Health Organisation Collaborating Centre and WHO Commissioned Work

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, at the request of the WHO, to countries interested in establishing systems of monitoring self-harm. The WHO provides funding for travel and subsistence to these countries. In addition, the WHO commissions the NSRF to undertake specific research-related projects. In 2020:

- The NSRF in collaboration with the WHO, developed a website to facilitate the establishment of a surveillance system for hospital-treated self-harm in Russia.
- At the request of WHO, the NSRF coordinated the development and implementation of the first multi-centre self-harm surveillance system in Russia, involving three regions: Stavropol Krai, Zabaykalsky Krai and Sverdlovsk Oblast. Throughout 2020, the NSRF organised regular progress meetings and on December 16th, the NSRF co-facilitated a 3-hour workshop for staff in Zabaykalsky Krai, to improve the standardisation and sustainability of self-harm surveillance.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

- At the request of the WHO and the Ministry of Health, the NSRF supported the development of a self-harm surveillance system in Ecuador. In 2020, the NSRF coordinated first meetings with representatives from the Ministry of Health, WHO, the Pan American Health Organization (PAHO/WHO) Office and relevant stakeholders.
- At the request of WHO, the NSRF contributed to the virtual WHO meetings: 'Getting started with suicide prevention implementation in countries: LIVE LIFE knowledge exchange and development of guidance', on 10th and 11th November 2020. The NSRF presented on the progress of the Irish National Strategy to Reduce Suicide, *Connecting for Life*, 2015-2024 and the impacts of COVID-19 on suicide and suicide prevention.

Contracts are agreed with WHO for each individual undertaking.

International Association for Suicide Prevention

The IASP provides funding for two Research Officers. In 2020, one Research Officer worked on a half-day per week basis on IASP-related research, acting as a co-Chair of the IASP Early Career Group, administrating the IASP Twitter account and co-ordinating responses to crisis e-mails directed to IASP. The second Research Officer worked on a one-day per week basis on IASP-related research specifically as a coordinator of the IASP news bulletin, assistant to the IASP Executive Committee and Chairs/co-Chairs of the Special Interest Groups, and coordinates the delivery and evaluation of training programmes.

Funding is provided by IASP on submission of monthly invoices.

Mental Health Promotion and Intervention in Occupational Settings: MENTUPP

The MENTUPP consortium aims to improve mental health in the workplace by developing, implementing and evaluating an evidence-based, online tool for employers, managers and employees. This online tool, the MENTUPP Hub, helps Small and Medium Enterprises (SMEs) to support staff with mental health problems, such as depression, anxiety, stress, burnout and poor wellbeing. A secondary aim is to reduce depression and suicidal behaviour. The project involves input from 17 partners, including the NSRF. To date, the NSRF has led the pilot study of the intervention by drafting a pilot protocol and securing ethical approval.

Funding is provided, based on signed contracts, by the European Commission's Horizon 2020 programme.

Health Research Board Emerging Investigators Award

Providing Improved care for Self-Harm: a mixed-method study of intervention, economic and implementations outcome from a national clinical programme – PRISM

PRISM is funded as part of the Health Research Board's Emerging Investigators Award programme and commenced in 2019, led by Dr Eve Griffin. This four-year programme aims to examine outcomes for individuals who present to hospital as a result of self-harm. The project is a collaboration between the NSRF, UCC and the Irish Health Service Executive. The project will run until August 2023.

Project Aims:

- Examine the clinical management of self-harm and its impact on risk of repeat self-harm, suicide and premature mortality
- Examine the impact of a National Clinical Programme for self-harm on patient outcomes, processes of care and economic savings, and
- Identify the determinants contributing to the implementation of this Clinical Programme across hospitals.

This project will maximise the use of routinely-available national data. A mixed-methods approach will deliver actionable findings which will contribute to optimising services and outcomes for individuals who engage in self-harm, ultimately reducing deaths by suicide and other external causes. Findings will directly inform service delivery and contribute to national policy. In accordance with the terms of NSRF's Memorandum of Agreement with UCC, the overheads attaching to PRISM are split evenly between the two organisations.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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
James McCarthy
Dave Drohan
Barry McGale
Eugene Cassidy
Siobhan O'Neill
Mark O'Callaghan

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 19.

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 €67,489 (2019: €5,705) with total incoming resources from the Health Service Executive and other agencies amounting to €1,226,445 (2019: €1,201,034) and total resources expended amounting to €1,158,956 (2019: €1,195,329).

Reserves policy and financial position

Reserves policy

A formal policy on reserves was agreed at a meeting of the directors. The board has set a reserves policy which requires that reserves be maintained at a level which ensures the company's core activities could continue during a period of unforeseen difficulties. It also requires that a proportion of the reserves be maintained in a readily realisable form. The calculation of the required level of reserves is an integral part of the company's planning, budgeting, and forecasting cycle. It considers the risks associated with each stream of income and expenditure being different from that budgeted, planned activity level and the organisation's commitments.

Financial position

The balance sheet shows total charity funds of €277,596 (2019: €210,107) 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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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. The Registrar of Business Names in the Companies Registration Office has granted the company 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 4 or 5 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.

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.

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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

Certain decisions are specifically 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.

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.nsrfl.ie, under the About Us section.

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 16 years of financial services experience to his role on the board.

Dr. Margaret Kelleher

Margaret worked closely with the late Dr Michael Kelleher in having suicide decriminalised in 1993 and was a founding member and medical director of the NSRF in 1994. On the death of Dr. Michael Kelleher in 1998, she became the director with overall responsibility for the foundation. She continues as the medical director of the NSRF, is a General Practitioner in Cork and has had a lifelong interest in suicide prevention. She is a fellow of the International Association of Suicide Research (IASR) and brings extensive clinical experience and insights to the Board

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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 (MB BCh BAO) 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.

Siobhan O'Neill

Professor Siobhan O'Neill is a Professor of Mental Health Sciences at Ulster University. Siobhan is currently leading several research programmes on suicide prevention in public places, intergenerational trauma, the impact ZeroSuicide programmes in NI and crisis line caller behaviour. A member of IASP, Siobhan has over 120 peer reviewed publications on mental health and suicide prevention. Siobhan has expertise in qualitative and quantitative (epidemiology and survey) research methods. Prior to joining Ulster University in 2000, she completed a degree in psychology at the Queen's University of Belfast and a Masters in Health Psychology at NUI Galway. She has also worked as a Public Health Researcher, conducting evaluations of health services and users' experience of care. Siobhan brings her vast research experience to the board.

Mark O'Callaghan

Mr Mark O'Callaghan BCL LLB AITI FCCA, a Practising Solicitor for over 20 years has been practising in Dublin since 2005. He is also qualified as a Chartered Tax Adviser and an Accountant. Mark has been the go-to person for professional legal advice to the National Suicide Research Foundation since 2001 and until his appointment to the Board in 2019. Mark brings his extensive legal and financial experience to the board.

Eileen Williamson, Chief Executive Officer

Eileen holds an MBS (Hons) Degree in Health Services Management from University College Cork. Eileen commenced employment with the late Dr Michael J Kelleher in 1994 and is a founding member of the NSRF. Eileen was instrumental in securing original funding for the establishment of the National Self Harm Registry Ireland and in having the NSRF designated by the WHO as a Collaborating Centre for Surveillance and Research in Suicide Prevention.

Eileen is responsible for the overall strategic and operational management of the NSRF 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 budgets. Her role also involves working with the external auditors in the preparation of the annual Financial Statements. In addition, Eileen chairs the Operations Sub-group and the Research Operations meetings and oversees the management of the research team. She is the NSRFs Company Secretary and plays an active role in the development of the NSRF's goals, policies, and strategic focus.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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 with the UCC School of Public Health and with the National Perinatal Epidemiology Centre in the UCC Department of Obstetrics and Gynaecology.

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. He has more than 150 peer-reviewed scientific publications and has contributed to international texts on suicide epidemiology as well as contributing to Irish national suicide prevention strategies.

Dr. Mary Joyce

Mary is a Research Psychologist who works as Manager of the National Self-Harm Registry Ireland and Senior Post-doctoral researcher at the NSRF. Mary graduated with a PhD in Applied Psychology from University College Cork in 2013. Following on from this, she worked as coordinator of the National Dialectical Behaviour Therapy Project Ireland for which a national multi-site implementation and evaluation was carried out over a five-year period. Her research interests include the evaluation of interventions for individuals with high risk self-harm and improving access to services for individuals who self-harm. Mary also collaborates with the Northern Ireland Public Health Agency on the Northern Ireland Registry of Self-Harm.

Dr. Eve Griffin

Eve graduated with a PhD in Applied Psychology from University College Cork in 2011. She holds a Health Research Board Emerging Investigator Award (2018-2023) and is Principal Investigator of the PRISM Project (Providing Improved Care for Self-harm: A mixed-methods study of intervention, implementation, and economic outcomes from a national clinical programme). Eve is also a collaborator on the Horizon 2020-funded project MENTUPP.

Eve has previously worked as the Manager of the National Self-Harm Registry Ireland. She has been involved in a number of EU consortia including OSPI-Europe and is the national data administrator for the European Injury Database (IDB) in Ireland. In addition, she has over ten years' lecturing experience and is a course writer for Dublin City University's Open Education Unit.

Professor Ella Arensman, Professor of Public Mental Health in the School of Public Health, College of Medicine and Health, UCC and Chief Scientist NSRF

Ella is a Professor of Public Mental Health in the School of Public Health, College of Medicine and Health, UCC and Chief Scientist, NSRF. She has 35 years-experience in suicide prevention research and has established an extensive multidisciplinary research programme in suicide prevention and mental health research, which has led to more than 200 publications.

Ella has held multiple leadership roles, including President of the International Association for Suicide Prevention (2013-2017), Vice President of the European Alliance Against Depression, Steering Group member of the National Cross-Sectoral Steering Group for Connecting for Life, 2015-2024 and the International COVID-19 Suicide Prevention Research Collaboration. She is an Expert Advisor for the World Health Organization and was involved in establishing the NSRF's WHO Collaborating Centre for Surveillance and Research in Suicide Prevention.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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 potential impact of the COVID-19 Pandemic, 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 COVID-19 restrictions and with health and safety legislation to protect staff, data collectors and service providers.

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 sufficiently adequate 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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

Post reporting date events

On 11 March 2020, the World Health Organisation officially declared COVID-19, the disease caused by the novel coronavirus, a pandemic. Whilst the company recognises the potential impact of COVID-19 from a financial and operational point of view, the Board and management team have reduced the significance of this by reacting swiftly and purposefully to ensure continuity of service and the protection of company reserves. These actions have ensured support for staff, data registration officers, key stakeholders and other third parties.

Whilst COVID-19 has necessitated changes to the main office set up, from an operational perspective, the Board of Directors continued to focus on an efficient delivery of services in line with the company's objectives. In terms of the research programme, nearly all aspects of the programme are continuing with staff members working from home and some adjustments to timeframes of field-based research have been necessary. The work relating to the National Self-Harm Registry is continuing even though it has not been possible for some Data Registration Officers to go to hospitals to collect data at different times during the past year.

From a financial perspective, as a result of COVID-19 there has been minimal impact on the NSRF but the Board and management team continue to identify, assess, and plan for several financial outcomes. The 2021 Service Arrangement and associated Programme of Work with the National Office for Suicide Prevention were agreed by 28 February 2021 resulting in increased funding for the running of the Registry and the agreed programme of work.

There is increased awareness nationally and internationally of the need to safeguard the mental health of populations, resulting in fund providers making additional funds available for research. The NSRF has been successful in obtaining additional grant funding for new research projects to commence in 2021 as outlined in the Directors' Report.

The Board of Directors has reviewed the activities and services in the period following the balance sheet date and considered the impact of the COVID-19 pandemic. The Board of Directors has determined that events in 2021 are non-adjusting subsequent events and accordingly the financial position and results for the financial year ended 31 December 2020 have not been adjusted, which is consistent with financial reporting standards.

Otherwise, no other 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 2020.

Future developments

The company's future plans include making applications to various funding bodies for new funding for research projects. The Board is fully aware of the financial impact COVID-19 may have on these applications but as of March 2021, the NSRF has been successful in obtaining funding for the following projects:

Support the Co-ordination and Streamlining of research completed by third-level institutions

This is a collaborative project between the NSRF, the NOSP and the Higher Education Authority in fulfilment of *Connecting for Life* Action 7.4.2. A stepped approach is being adopted in pursuing this action. A network of researchers from across higher education institutions, clinical settings and community and non-governmental settings will be developed. Annual workshops and seminars will provide a platform where researchers with the shared interest of suicide and self-harm-related research can meet to discuss future research plans and to present on ongoing and completed research. A central research repository will be formulated with detail on past research and ongoing projects. Underpinning these steps is the completion of a thorough investigation of the literature to identify suicide and self-harm research which has been published in Ireland since 2015 and to identify the authors of such research.

The HEA has provided funding for 2021.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

Adapting and Implementing European Alliance Against Depression's (EAAD) Best Practice Model to Improve Depression Care and Prevent Suicidal Behaviour in Europe: EAAD-Best

EAAD-Best is a European Commission funded project including 10 international partners in Europe, including NSRF. The aim of EAAD-Best is to improve care for patients with depression and to prevent suicidal behaviour in Europe by i) transferring the community-based 4-level intervention concept of the EAAD to new regions and countries in Europe and ii) promoting the uptake of the iFightDepression®-tool, an internet-based self-management tool for patients with depression. The project includes implementation countries where EAAD's 4-level intervention concept has not yet been implemented, and transfer countries where the 4-level intervention concept has already been implemented and will be transferred to additional regions. As a transfer country, Ireland, will focus on promoting and expanding these interventions to new regions and will coordinate the nationwide implementation of the iFightDepression® tool and awareness website.

The project was awarded funding in November 2020 for three years and will commence in April 2021.

NSRF staff members have been involved in successful applications to the HSE NOSP's First Research Grant Scheme for Collaborative Research Projects for four projects and are leading on two:

1 Title: Upscaling the Self-Harm Assessment and Management in General Hospitals (SAMAGH) Training Programme

Lead applicant: Professor Ella Arensman.

2 Title: Experiences of supports following a suicide: a national study

Lead applicant: Dr Eve Griffin.

In a linked project, Dr Eve Griffin has been awarded funding from HSE CHO5 for an evaluation of its bereavement support service.

In addition, the HSE NOSP has allocated an extra €25,000 to the NSRF in recognition of the increased number of agreed 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.

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

Barry McGale
Director

28 May 2021

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' RESPONSIBILITIES STATEMENT

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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 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" (FRS Charities SORP) (2018) effective for reporting periods beginning on or after 1 January 2019, known as the 'SORP' (the financial reporting framework). 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

Barry McGale
Director

28 May 2021

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

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 2020 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Changes in Funds, the Statement of Cash Flows and notes to the financial statements, including the summary of significant accounting policies set out in note 1. The financial reporting framework that has been applied in their preparation is Irish Law and FRS 102 the Financial Reporting Standard applicable in the UK and Republic of Ireland as modified by the Statement Of Recommended Practice "Accounting and Reporting by Charities" (FRS Charities SORP) (2018) effective for reporting periods beginning on or after 1 January 2019, known as the 'SORP' (the financial reporting framework) and issued in the United Kingdom by the Financial Reporting Council.

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 2020 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 ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard for Auditors (Ireland) issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from the date when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

Other information

The directors are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

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

In our opinion, based on the work undertaken in the course of the audit, we report that:

- the information given in the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report has been prepared in accordance with applicable legal requirements.

We have obtained all the information and explanations which, to the best of our knowledge and belief, are necessary for the purposes of our audit.

In our opinion, the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited, and the financial statements are in agreement with the accounting records.

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.

The Companies Act 2014 requires us to report to you if, in our opinion, the requirements of any of sections 305 to 312 of the Act, which relate to disclosures of directors' remuneration and transactions are not complied with by the company. We have nothing to report in this regard.

Respective responsibilities

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 in accordance with the applicable financial reporting framework that give a true and fair view, and for such internal control as they determine 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, if 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 company's 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-\(Ireland\)](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.

Owen Hickey

for and on behalf of:

H&A Accountancy Services Limited
t/a Hickey & Associates
Chartered Accountants
Statutory Auditors

28 May 2021

Unit 2, Bowling Green
White Street
Cork

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

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

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

	Notes	Restricted funds €	Unrestricted funds €	Total 2020 €	Total 2019 €
Incoming Resources from:	3				
Private donations		-	120	120	100
Investment income		-	66	66	43
Generated income - lectures and fees		-	-	-	562
Grant income		1,226,259	-	1,226,259	1,200,329
Total incoming resources	4	1,226,259	186	1,226,445	1,201,034
Resources Expended on:					
Payroll costs including social insurance costs		(976,482)	-	(976,482)	(940,258)
Pension costs		(28,062)	-	(28,062)	(22,639)
Recruitment costs		-	-	-	-
Data collection costs		(21,086)	-	(21,086)	(7,742)
Data collection travel costs		(26,450)	-	(26,450)	(43,191)
Travel, meetings and conferences		(4,913)	-	(4,913)	(38,706)
Premises costs		(34,808)	-	(34,808)	(33,454)
Professional and related fees		(41,602)	-	(41,602)	(57,786)
IT costs		(20,864)	-	(20,864)	(42,296)
Intern cost		-	-	-	-
Other administration costs		(4,689)	-	(4,689)	(9,257)
Total resources expended	5	(1,158,956)	-	(1,158,956)	(1,195,329)
Net movement in funds for the financial year before taxation		67,303	186	67,489	5,705
Tax on net movement	10	-	-	-	-
Net movement in funds for the financial year		67,303	186	67,489	5,705
Reconciliation of funds:		€	€	€	€
Net movement in funds for the financial year		67,303	186	67,489	5,705
Transfer at year end to unrestricted funds		(5,726)	5,726	-	-
Funds brought forward		-	210,107	210,107	204,402
Funds carried forward		61,577	216,019	277,596	210,107

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

BALANCE SHEET

AS AT 31 DECEMBER 2020

	Notes	2020 €	€	2019 €	€
Fixed assets					
Tangible assets	11		5,103		7,710
Current assets					
Debtors	13	1,021		2,703	
Cash at bank and in hand		664,120		430,589	
		<u>665,141</u>		<u>433,292</u>	
Creditors: amounts falling due within one year	14	<u>(392,648)</u>		<u>(230,895)</u>	
Net current assets			272,493		202,397
Total assets less current liabilities			<u>277,596</u>		<u>210,107</u>
Funds of the charity					
Restricted funds			61,577		-
Unrestricted funds			216,019		210,107
Total charity funds			<u>277,596</u>		<u>210,107</u>

The financial statements were approved by the board of directors and authorised for issue on 28 May 2021 and are signed on its behalf by:

Margaret Kelleher
Director

Barry McGale
Director

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

STATEMENT OF CHANGES IN FUNDS

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

	Restricted reserves €	Unrestricted reserves €	Total €
Balance at 1 January 2019	-	204,402	204,402
Financial year ended 31 December 2019:			
Net movement in funds for the financial year	-	5,705	5,705
Balance at 31 December 2019	-	210,107	210,107
Financial year ended 31 December 2020:			
Net movement in funds for the financial year	61,577	5,912	67,489
Balance at 31 December 2020	61,577	216,019	277,596

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

STATEMENT OF CASH FLOWS

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

	Notes	2020 €	€	2019 €	€
Cash flows from operating activities					
Cash generated from operations	22		233,465		66,863
Investing activities					
Purchase of tangible fixed assets		-		(6,236)	
Interest received		66		43	
Net cash generated from/(used in) investing activities			66		(6,193)
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			233,531		60,670
Cash and cash equivalents at beginning of financial year			430,589		369,919
Cash and cash equivalents at end of financial year			664,120		430,589

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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 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, 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" (FRS Charities SORP) (2018) effective for reporting periods beginning on or after 1 January 2019, known as the 'SORP' (the financial reporting framework), 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

We acknowledge that we are required to assess our company's ability to continue as a going concern.

We are aware of the company's financial position and the impact of the Covid-19 Pandemic on the company's activities. We have prepared the Financial Statements on the going concern basis, having considered the company's performance, cash-flow forecasts, and its future business plans. The statement of financial activities shows net incoming funds for the financial year of €67,489 (2019: €5,705) with total incoming resources from the Health Service Executive and other agencies amounting to €1,226,445 (2019: €1,201,034) and total resources expended amounting to €1,158,956 (2019: €1,195,329). The balance sheet shows total charity funds of €277,596 (2019: €210,107).

From a financial perspective, as a result of COVID-19 there has been minimal impact on the NSRF but the Board and management team continue to identify, assess, and plan for several financial outcomes.

Having considered the cash flow forecasts, current and anticipated income levels, and government funding together with current levels of reserves, we confirm that we have a reasonable expectation that the company has sufficient resources to continue in operational existence for the foreseeable future, for a period of not less than 12 months from the date of this report, and accordingly, continue to adopt the going concern basis in preparing the financial statements.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

(Continued)

Derecognition of financial assets

Financial assets are derecognised only when the contractual rights to the cash flows from the asset expire or are settled, or when the company transfers the financial asset and substantially all the risks and rewards of ownership to another entity, or if some significant risks and rewards of ownership are retained but control of the asset has transferred to another party that is able to sell the asset in its entirety to an unrelated third party.

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.

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.

Derecognition of financial liabilities

Financial liabilities are derecognised when the company's contractual obligations expire or are discharged or cancelled.

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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

(Continued)

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.

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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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

Going concern

The directors have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The directors have made this assessment in respect to a period of one year from the date of approval of these financial statements and have included a detailed note under accounting policy 1.2.

The directors of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The directors are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due. Thus they continue to adopt the going concern basis of accounting in preparing the financial statements.

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.

In the case of core funding for the Foundation it has been agreed with HSE NOSP that excess funding received in 2020 will be deferred to 2021 for 2021 deliverables.

Establishing useful lives for the purposes of depreciation of tangible fixed assets

Tangible fixed assets comprise computer equipment only. The annual depreciation charge depends primarily on the estimated life of the asset concerned which in the case of computer equipment is considered to be 5 years with no residual values as the company is required to pay for the computers to be disposed of. The directors regularly review these asset lives and change them as necessary to reflect current thinking on remaining lives in light of prospective economic utilisation and physical condition of the assets concerned. Changes in asset lives can have a significant impact on depreciation for the financial period.

Audit fee accrual

The auditor's time cost recording system for this charity formed the basis for estimating the current financial year's audit fee and this has been agreed with the auditor.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

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. In addition the Emerging Investigators Award Providing Improved Care for Self-HarM (PRISM) funded by the Health Research Board has been awarded to UCC and is part of a collaboration between UCC, NSRF and the HSE. It commenced in 2019, the beginning of a 4 year programme which will run until August 2023. The total grant receivable by the company over the period is €73,342.58, none of which has been received by 31 December 2020.

Agency - HSE

Grant type - HSE NOSP for foundation Revenue Grant

Purpose - Connecting For Life Strategy Service Arrangement

Total grant - €325,000 - 2020

Taken to Income & expenditure - €325,000

Received in financial year - €325,000

Taken to restricted reserves at year end - €61,579

Expended - €263,421

Term - January 2020 to December 2024

Date received - monthly

Restriction on use - in terms of Service Arrangement

Tax clearance - Yes

Agency - HSE

Grant type - HSE NOSP for National Self-Harm Registry Ireland Revenue Grant

Purpose - Connecting For Life Strategy Service Arrangement

Total grant - €607,007 - 2020

Taken to Income & expenditure - €607,007

Received in financial year - €607,007

Deferred at year end - €Nil

Expended - €607,007

Term - January 2020 to December 2024

Date received - monthly

Restriction on use - in terms of Service Arrangement

Tax clearance - Yes

Agency - HSE CHO1

Grant type - Donegal Mental Health Study Revenue Grant

Purpose - Study of untimely sudden deaths of people in the care of Donegal Mental Health Service

Total grant - Unknown, varies from year to year

Taken to Income & expenditure - €75,113

Received in financial year - €75,113

Deferred at year end - €Nil

Expended - €66,863

Term - Annual, ended 31 December 2020

Date received - Periodic

Restriction on use - Service Agreement

Tax clearance - Yes

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

3 Incoming resources

(Continued)

Agency - HSE CHO4

Grant type - National Dialectical Behavioural Therapy (DBT) Revenue Grant

Purpose - Training of DBT teams in Community Mental health setting around Ireland and evaluation of the national programme

Total grant - Unknown, varies from year to year

Taken to Income & expenditure - €72,498

Received in financial year - €92,108

Deferred at year end - €19,610

Expended - €72,498

Term - Ongoing until 2022, HSE taking responsibility for National DBT from July 2021

Date received - Periodic

Restriction on use - Service Agreement

Tax clearance - Yes

Agency - International Association for Suicide Prevention (IASP)

Grant type - Funding part-time research officers on IASP related research Revenue Grant

Purpose - Service Arrangement

Total grant - €8,655 - 2020

Taken to Income & expenditure - €8,655

Received in financial year - €8,655

Deferred at year end - €Nil

Expended - €8,655

Term - Ongoing annual

Date received - monthly

Restriction on use - in terms of Service Arrangement

Tax clearance - Yes

Agency - World Health Organisation (WHO)

Grant type - WHO Collaborating Centre Revenue Grant

Purpose - Collaborative research - fund vouched expenses

Total grant - Unknown, varies from year to year

Taken to Income & expenditure - €338 from 2019 deferred funds

Received in financial year - €Nil

Deferred at year end - €Nil

Expended - €338

Term - Ongoing

Date received - none in year

Restriction on use - Service Agreement

Tax clearance - Yes

Agency - World Health Organisation (WHO)

Grant type - WHO Commissioned work Revenue Grant

Purpose - Commissioned work, separate contract for each body of work

Total grant - Unknown, varies from year to year

Taken to Income & expenditure - €4,535

Received in financial year - €4,535

Deferred at year end - €Nil

Expended - €4,535

Term - Ongoing

Date received - March 2020

Restriction on use - Service Arrangement

Tax clearance - Yes

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

3 Incoming resources

(Continued)

Agency - HSE NOSP

Grant type - Coronial Data & Clinical Care Programme Revenue Grant

Purpose - Coronial Data & Clinical Care Programme

Total grant - Varies from year to year

Taken to Income & expenditure - €56,178

Received in financial year - €57,692

Deferred at year end - €1,514

Expended - €56,178

Term - Ongoing

Date received - December 2020

Restriction on use - Service Arrangement

Tax clearance - Yes

Agency - Northern Ireland Public Health Agency

Grant type - Protect Life Strategy Service Arrangement Revenue Grant

Purpose - Provide statistical analysis etc. of data recorded in the Northern Ireland Registry of Self-Harm

Total grant - Approximately €30,000 per annum

Taken to Income & expenditure - €33,010 including €1,041 from 2019 deferred funds

Received in financial year - €31,969

Deferred at year end - €Nil

Expended - €33,010

Term - Ongoing

Date received - December 2020

Restriction on use - Service Arrangement

Tax clearance - Yes

Agency - European Commission Horizon 2020 Programme

Grant type - Mental health Promotion & Intervention in Occupational Settings - MENTUPP - Revenue Grant

Purpose - Improving mental health by developing, implementing and evaluating an evidence based, online tool for employers, managers and employees for SMEs

Total grant - €288,723.75

Taken to Income & expenditure - €32,657

Received in financial year - €139,550

Deferred at year end - €106,893

Expended - €32,657

Term - 4 years commencing January 2020

Date received - February 2020

Restriction on use - Service Arrangement

Tax clearance - Yes

Agency - HSE CHO4

Grant type - International Mental Health Collaborating Centre - Open Dialogue Initiative Revenue Grant

Purpose - HSE commissioned independent appraisal of the Open Dialogue initiative in Cork Kerry Community Healthcare

Total grant - €20,000

Taken to Income & expenditure - €11,268

Received in financial year - €20,000

Deferred at year end - €8,732

Expended - €11,268

Term - May 2020 to June 2021

Date received - May 2020

Restriction on use - Service Arrangement

Tax clearance - Yes

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

4 Incoming resources

	2020 €	2019 €
<u>Restricted Income</u>		
HSE NOSP - National Suicide Research Foundation	325,000	300,000
HSE NOSP - National Self-Harm Registry Ireland	607,007	591,219
Donegal Mental Health Service - Donegal Study	75,113	74,937
HSE CHO4 - National Dialectical Behaviour Therapy Project	72,498	118,545
International Association for Suicide Prevention Project	8,655	13,737
World Health Organisation Collaborating Centre	338	5,607
World Health Organisation Commissioned Work	4,535	6,576
HSE NOSP - Coronial Data & Clinical Care Project	56,178	55,178
Northern Ireland Registry of Self-Harm	33,010	34,530
European Commission Horizon 2020 Programme MENTUPP, Mental Health Promotion and Intervention in Occupational Settings	32,657	-
HSE CHO4 - Open Dialogue Initiative	11,268	-
	<u>1,226,259</u>	<u>1,200,329</u>
<u>Unrestricted Income</u>		
Generated income - lectures and fees	-	562
Interest on bank deposits	Note 9 66	43
Private donations	120	100
	<u>186</u>	<u>705</u>
Total funding	<u>1,226,445</u>	<u>1,201,034</u>

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

5 Analysis of Resources Expended

	Foundation and Research	Registry	2020 €	2019 €
Wages and salaries including social insurance costs	442,748	533,734	976,482	940,258
Pension costs	22,843	5,219	28,062	22,639
Support costs	321	321	642	-
Data collection costs	-	21,086	21,086	7,742
Data collection travel costs	-	26,450	26,450	43,191
Travel, meetings and conferences	2,534	1,737	4,271	38,706
Fees and subscriptions	17,632	8,678	26,310	40,197
Stationery, printing and postage	1,994	2,031	4,025	8,456
Telephones	500	413	913	1,356
Rent	12,300	12,300	24,600	21,533
Insurance	3,344	3,344	6,688	7,975
Bank charges	332	332	664	784
Accountancy fees	3,956	3,956	7,912	10,209
Audit fees	3,690	3,690	7,380	7,380
Computer running costs	9,088	11,776	20,864	42,296
Depreciation	-	2,607	2,607	2,607
	<u>521,282</u>	<u>637,674</u>	<u>1,158,956</u>	<u>1,195,329</u>

6 Auditor's remuneration

	2020 €	2019 €
Fees payable to the company's auditors:		
For audit services		
Audit of the financial statements of the company	<u>7,380</u>	<u>7,380</u>
For other services		
All other non-audit services	<u>7,912</u>	<u>10,209</u>

7 Net Incoming Resources

	2020 €	2019 €
Net Incoming resources are stated after charging:		
Depreciation of owned tangible fixed assets	<u>2,607</u>	<u>2,607</u>

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

8 Employees

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

	2020 Number	2019 Number
Foundation	15	13
Registry	17	15
	<u>32</u>	<u>28</u>

Their aggregate remuneration comprised:

	2020 €	2019 €
Wages and salaries	853,640	862,929
Social security costs	79,547	77,329
Pension costs	22,928	18,965
	<u>956,115</u>	<u>959,223</u>

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 year. There was one employee (2019: One) who received employee benefits excluding employer pension costs of between €70,000 and €80,000 during the financial year. In addition there was no employee (2019: One) who received employee benefits excluding employer pension costs of between €60,000 and €70,000 during the financial year.

9 Interest receivable and similar income

	2020 €	2019 €
Interest income		
Interest on bank deposits	<u>66</u>	<u>43</u>

Investment income includes the following:

Interest on financial assets not measured at fair value through statement of financial activities	<u>66</u>	<u>43</u>
---	-----------	-----------

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

10 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.

11 Tangible fixed assets

	Computer equipment €
Cost	
At 1 January 2020 and 31 December 2020	37,300
Depreciation and impairment	
At 1 January 2020	29,590
Depreciation charged in the financial year	2,607
At 31 December 2020	32,197
Carrying amount	
At 31 December 2020	5,103
At 31 December 2019	7,710

12 Financial instruments

	2020 €	2019 €
Carrying amount of financial assets		
Debt & other financial instruments measured at amortised cost	665,141	433,292
Carrying amount of financial liabilities		
Measured at amortised cost	371,447	209,612

13 Debtors

	2020 €	2019 €
Amounts falling due within one year:		
Accrued income	652	2,320
Other debtors	369	383
	1,021	2,703

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

14 Creditors: amounts falling due within one year

	2020 €	2019 €
PAYE and social security	21,201	21,283
Accruals	145,867	127,355
Deferred income	225,580	82,257
	<u>392,648</u>	<u>230,895</u>

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 annually until the performance conditions have been met in accordance with the contracts for each year.

15 Deferred grants

	2020 €	2019 €
Arising from government grants and other agencies	<u>225,580</u>	<u>82,257</u>

Deferred income is included in the financial statements as follows:

	2020 €	2019 €
Current liabilities	<u>225,580</u>	<u>82,257</u>

16 Retirement benefit schemes

	2020 €	2019 €
Defined contribution schemes		
Charge to statement of financial activities in respect of defined contribution schemes	<u>22,928</u>	<u>22,639</u>

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 independently administered funds.

17 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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

18 Analysis of Net Assets by Fund

	Fixed Assets €	Current assets €	Current liabilities €	Closing Balance €
Unrestricted income				
Unrestricted Funds	-	608,667	(392,648)	216,019
Restricted income				
Restricted Funds	5,103	56,474	-	61,577
	<u>5,103</u>	<u>665,141</u>	<u>(392,648)</u>	<u>277,596</u>

19 Events after the reporting date

On 11 March 2020, the World Health Organisation officially declared COVID-19, the disease caused by the novel coronavirus, a pandemic. Whilst the company recognises the potential impact of COVID-19 from a financial and operational point of view, the Board and management team have reduced the significance of this by reacting swiftly and purposefully to ensure continuity of service and the protection of company reserves. These actions have ensured support for staff, data registration officers, key stakeholders and other third parties.

Whilst COVID-19 has necessitated changes to the main office set up, from an operational perspective, the Board of Directors continued to focus on an efficient delivery of services in line with the company's objectives. In terms of the research programme, nearly all aspects of the programme are continuing with staff members working from home and some adjustments to timeframes of field-based research have been necessary. The work relating to the National Self-Harm Registry is continuing even though it has not been possible for some Data Registration Officers to go to hospitals to collect data at different times during the past year.

From a financial perspective, as a result of COVID-19 there has been minimal impact on the NSRF but the Board and management team continue to identify, assess, and plan for several financial outcomes. The 2021 Service Arrangement and associated Programme of Work with the National Office for Suicide Prevention were agreed by 28 February 2021 resulting in increased funding for the running of the Registry and the agreed programme of work.

There is increased awareness nationally and internationally of the need to safeguard the mental health of populations, resulting in fund providers making additional funds available for research. The NSRF has been successful in obtaining additional grant funding for new research projects to commence in 2021 as outlined in the Directors' Report.

The Board of Directors has reviewed the activities and services in the period following the balance sheet date and considered the impact of the COVID-19 pandemic. The Board of Directors has determined that events in 2021 are non-adjusting subsequent events and accordingly the financial position and results for the financial year ended 31 December 2020 have not been adjusted, which is consistent with financial reporting standards.

Otherwise, no other 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 2020.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

20 Related party transactions

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

21 Analysis of changes in net funds

	1 January 2020 €	Cash flows €	31 December 2020 €
Cash at bank and in hand	430,589	233,531	664,120

22 Cash generated from operations

	2020 €	2019 €
Net incoming resources for the financial year after tax	67,489	5,705
Adjustments for:		
Investment income	(66)	(43)
Depreciation and impairment of tangible fixed assets	2,607	2,607
Movements in working capital:		
Decrease in debtors	1,682	74,819
Increase/(decrease) in creditors	161,753	(16,225)
Cash generated from operations	233,465	66,863

23 Approval of financial statements

The directors approved the financial statements on the 28 May 2021

SUICIDE RESEARCH
FOUNDATION COMPANY LIMITED
BY GUARANTEE

UNAUDITED MANAGEMENT
INFORMATION FOR THE
FINANCIAL YEAR ENDED
31 DECEMBER 2020

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

	2020	2019
€	€	€
Foundation income	325,000	300,281
HSE NOSP - National Suicide Research Foundation	325,000	300,000
Lecture and fee income	-	281
Foundation costs		
Salaries & wages	(193,088)	(200,580)
Social welfare costs	(16,844)	(15,262)
Staff pension costs defined contribution	(9,498)	(9,475)
Rent	(12,300)	(10,767)
Insurance	(3,344)	(3,940)
Travelling expenses	(76)	(3,589)
Meeting & conference costs	(1,861)	(8,868)
Postage, printing & stationery	(1,771)	(4,209)
Bank charges	(332)	(392)
Fees, training & subscriptions	(7,632)	(10,334)
Accountancy fees	(3,956)	(5,104)
Audit fees	(3,690)	(3,690)
Computer running costs	(8,210)	(18,902)
Telecommunications	(500)	(701)
Support costs	(321)	-
	(263,423)	(295,813)
	61,577	4,468
International Association for Suicide Prevention Project	-	-
Funding receivable	8,655	13,737
Salaries & wages	(7,910)	(13,099)
Social welfare costs	(745)	(638)
Donegal Mental Health Service - Donegal Study	8,250	68
Funding receivable	75,113	74,937
Salaries & wages	(55,990)	(55,352)
Social welfare costs	(6,186)	(6,061)
Travel costs	-	(4,404)
Fees & subscriptions	-	(4,500)
Meetings & conferences	-	(352)
Pension costs	(4,587)	(4,200)
Computer running costs	(100)	-

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

		2020		2019
	€	€	€	€
HSE NOSP - National Dialectical Behaviour Therapy Project		-		-
Funding receivable	72,498		118,545	
Salaries & wages	(56,189)		(91,439)	
Social welfare costs	(6,209)		(9,767)	
Travel costs	-		(756)	
Stationery & supplies	-		(13)	
Fees & subscriptions	(10,000)		(15,235)	
Meetings & conferences	-		(1,335)	
Computer running costs	(100)		-	
World Health Organisation Collaborating Centre		-		-
Funding receivable	338		5,607	
Travel costs	-		(926)	
Stationery & supplies	-		(17)	
Computer running expenses	(338)		(206)	
Fees and subscriptions	-		(1,745)	
Meetings & conferences	-		(2,713)	
World Health Organisation Commissioned Work		-		-
Funding receivable	4,535		6,576	
Salaries & wages	(4,046)		(5,765)	
Social welfare costs	(489)		(663)	
Meetings & conferences	-		(148)	
HSE NOSP - Coronial Data & Clinical Care Project		-		-
Funding receivable	56,178		55,178	
Salaries & wages	(46,607)		(42,343)	
Social welfare costs	(5,150)		(4,636)	
Travel costs	(192)		(1,728)	
Computer running expenses	(200)		(200)	
Meetings & conferences	(405)		(2,597)	
Pension costs	(3,624)		(3,674)	
Emerging Investigators Award		(4,867)		-
Salaries & wages	(4,473)		-	
Social welfare costs	(394)		-	
Open Dialogues		-		-
Funding receivable	11,268		-	
Salaries & wages	(9,126)		-	
Social welfare costs	(988)		-	
Pension costs	(1,154)		-	

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

	€	2020 €	€	2019 €
European Commission Horizon 2020 Programme - MENTUPP		-		-
Funding receivable	32,657		-	
Salaries & wages	(25,542)		-	
Social welfare costs	(2,772)		-	
Stationery, printing & postage	(223)		-	
Computer running expenses	(140)		-	
Pension costs	(3,980)		-	
Private donations		120		100
Foundation net movement in funds		65,080		4,636

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

	2020	2019
€	€	€
HSE NOSP - National Self-Harm Registry Ireland		
Funding receivable	607,007	591,500
National Self-Harm Registry costs		
Wages and salaries	(489,810)	(454,351)
Social welfare costs	(43,924)	(40,302)
Staff pension costs defined contribution	(5,219)	(5,290)
Data collectors	(21,086)	(7,742)
Data collection travel costs	(26,450)	(43,191)
Rent	(12,300)	(10,766)
Insurance	(3,344)	(4,035)
Travelling expenses	(224)	(2,770)
Meetings & conferences	(1,513)	(7,668)
Stationery, printing & postage	(2,031)	(4,234)
Bank charges	(332)	(392)
Fees, training & subscriptions	(8,678)	(8,383)
Accountancy fees	(3,956)	(5,105)
Audit fees	(3,690)	(3,690)
Computer running costs	(11,776)	(22,988)
Telecommunications	(413)	(638)
Support costs	(321)	-
Depreciation	(2,607)	(2,607)
	<u>(637,674)</u>	<u>(624,152)</u>
National Self-Harm Registry net movement in funds	<u>(30,667)</u>	<u>(32,652)</u>
Northern Ireland Registry of Self-Harm		
Funding receivable	33,010	34,530
Travel costs	-	(198)
Meetings costs	-	(654)
	<u>33,010</u>	<u>33,678</u>
Northern Ireland Statistical Consultancy	<u>33,010</u>	<u>33,678</u>
Overall National Self Harm Registry net movement in funds	<u>2,343</u>	<u>1,026</u>
Overall operating net movement in funds	<u>67,423</u>	<u>5,662</u>

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

SCHEDULE OF DISTRIBUTION COSTS AND ADMINISTRATIVE EXPENSES FOR THE YEAR ENDED 31 DECEMBER 2020

	2020 €	2019 €
Distribution costs		
Salaries & wages	193,088	200,580
Social welfare costs	16,844	15,262
Staff pension costs defined contribution	9,498	9,475
Rent	12,300	10,767
Insurance	3,344	3,940
Travelling expenses	76	3,589
Meeting & conference costs	1,861	8,868
Postage, printing & stationery	1,771	4,209
Bank charges	332	392
Fees, training & subscriptions	7,632	10,334
Accountancy fees	3,956	5,104
Audit fees	3,690	3,690
Computer running costs	8,210	18,902
Telecommunications	500	701
Support costs	321	-
	<u>263,423</u>	<u>295,813</u>
Administrative expenses		
Wages and salaries	489,810	454,351
Social welfare costs	43,924	40,302
Staff pension costs defined contribution	5,219	5,290
Data collectors	21,086	7,742
Data collection travel costs	26,450	43,191
Rent	12,300	10,766
Insurance	3,344	4,035
Travelling expenses	224	2,770
Meetings & conferences	1,513	7,668
Stationery, printing & postage	2,031	4,234
Bank charges	332	392
Fees, training & subscriptions	8,678	8,383
Accountancy fees	3,956	5,105
Audit fees	3,690	3,690
Computer running costs	11,776	22,988
Telecommunications	413	638
Support costs	321	-
Depreciation	2,607	2,607
	<u>637,674</u>	<u>624,152</u>

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

REGISTRY DETAILED PROFIT AND LOSS ACCOUNT

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

		2020	2019
	€	€	€
Registry income			
HSE - NOSP		607,007	591,500
Registry costs			
Wages and salaries	489,810	454,351	
Social welfare costs	43,924	40,302	
Staff pension costs defined contribution	5,219	5,290	
Data collectors	21,086	7,742	
Data collection travel costs	26,450	43,191	
Rent	12,300	10,766	
Insurance	3,344	4,035	
Travelling expenses	224	2,770	
Meetings & conferences	1,513	7,668	
Stationery, printing & postage	2,031	4,234	
Bank charges	332	392	
Fees, training & subscriptions	8,678	8,383	
Accountancy fees	3,956	5,105	
Audit fees	3,690	3,690	
Computer running costs	11,776	22,988	
Telecommunications	413	638	
Support costs	321	-	
Depreciation	2,607	2,607	
		(637,674)	(624,152)
Registry loss		(30,667)	(32,652)

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

REGISTRY DETAILED PROFIT AND LOSS ACCOUNT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2020

	€	2020 €	€	2019 €
Northern Ireland Statistical Consultancy		33,010		34,530
Funding receivable	33,010		34,530	
	<u> </u>		<u> </u>	
Northern Ireland Maternity Cover		-		-
	<u> </u>		<u> </u>	
Overall registry loss		<u>2,343</u>		<u>1,878</u>
		<u> </u>		<u> </u>
Overall net operating profit for the financial year		<u>67,423</u>		<u>5,662</u>
		<u> </u>		<u> </u>

[< BACK TO COVER](#)



National Suicide Research Foundation