

NSRF ANNUAL REPORT

2021

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National Suicide Research Foundation

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Compiled by: Mr Niall McTernan

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National Suicide Research Foundation,

4.28 Western Gateway Building,

University College Cork,

Cork,

Ireland.

Tel: +353 21 420 5551

Email: **infonsrf@ucc.ie**

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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 2021, as tabled at the meeting of the Board of Directors held on April 27th 2022 and at the Annual General Meeting of the Board of Members held on June 29th 2022. This Report also contains a summary report on the research and associated activities undertaken by the NSRF team. Throughout the report there is a focus on research undertaken in 2021 but, as many research studies are not completed within a calendar year, there are also references to milestones and deliverables in 2022 and succeeding years.

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 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 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 Programme for Research in Third Level Institutes V (PRTLIV) and has 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.

The NSRF is constituted as a company limited by guarantee (Company Number 224676) as set out under the Companies Act 2014. Its purpose and objectives 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 2021 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 2021 have been approved by the Board of Directors and have been submitted to the Companies Registration Office. The turnover in 2021 was €1,345,223 and the net surplus for the year after taxation was €4,869 in unrestricted funds. The NSRF employed 37 people during 2021. Costs in respect of salaries and social security costs were €1,148,772; total resources expended were €1,340,354. We are grateful to Ms Shelley Meenehan of Hickey & Associates for her sterling work on the audit of the NSRF accounts.

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 2021, staff members were involved in 12 successful funding applications, an increase from 2020, four of which were in the NOSP First Grant Scheme for Collaborative Research Projects. The NSRF had a leading role in a successful HRB Collaborative Doctoral Award for a research training programme: 'Early Identification of Suicide and Self-Harm Risk and Comorbid Mental and Physical Disorders: An Interdisciplinary Training, Research and Intervention Programme' (MHAINTAIN), involving four doctoral projects and five PhD scholars, commencing in 2022. A breakdown of the Income and Expenditure in 2021, in respect of the different tranches of funding, is contained in the Financial Statements on pages 52 to 99.

In 2021, 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 a multitude of research projects in the area of suicide, self-harm and related mental health issues. Information in relation to the projects is contained throughout the report. Projects include the Mental Health

of Veterinary Professionals Survey, The Role of the Media in Suicide Prevention Study, Deaths amongst Mental Health Service Patients and the ground-breaking National Suicide Bereavement Survey. During 2021, the NSRF continued the collaboration with the HSE CHO4 on the National Dialectical Behaviour Therapy Project and the Open Dialogue Project, and commenced a collaboration with the 50808 24/7 Crisis Text Service.

The NSRF meets requests for information from a wide range of stakeholders in policy, health and social services as well as the general population and released 11 Briefings in 2021. NSRF staff members were involved in 23 academic papers in 2021, including papers relating to the mental health impacts of the COVID-19 pandemic, with many published in high-impact peer-review journals. In addition, NSRF staff members presented more than 61 lectures at local, national and international seminars and conferences (virtually), including the 31st World Congress of the International Association for Suicide Prevention in September.

In 2021, the NSRF was represented on more than 51 advisory and steering groups at national and international level and NSRF staff members were involved in multiple international seminars and consultations as well as training programmes with the WHO. Despite COVID-19 related challenges, the NSRF provided technical support to multiple countries in establishing self-harm surveillance systems, including Kazakhstan, Ecuador, Guyana, Suriname, and Trinidad-Tobago.

A significant event in 2021 was the appointment by University College Cork of Professor Ella Arensman as the first Professor of Public Mental Health in Ireland, an endorsement of Ella's record of accomplishment in public mental health and suicide prevention research and a recognition of the importance of research in informing mental health policy. Ella will continue in her role as Chief Scientist at the NSRF. Other notable and successful events hosted by the NSRF in 2021 included the World Suicide Prevention Day Seminar on September 10th at

which keynote lectures were delivered by Associate Professor Vita Poštuvan, Slovene Centre for Suicide Research and Professor Philip Dodd, Clinical Advisor at the HSE National Office for Suicide Prevention and the Department of Health; a Seminar held on October 18th in connection with World Mental Health Week, at which the Dr Michael Kelleher Memorial Lecture was given by Dr Michael Kelleher, South London and Maudsley NHS and a keynote lecture was given by Dr Mark Sinyor, University of Toronto; the first Annual Suicide and Self-Harm Research Workshop on the island of Ireland held on May 27th and 28th, organised by the C-SSHRI Network: Connecting Suicide and Self-Harm Researchers on the Island of Ireland, with an inaugural keynote lecture presented by Professor Keith Hawton. All online events were very well attended. In 2021, the NSRF also launched a new and updated website and introduced a new research blog series to disseminate findings in a translatable way.

In the last two Annual Reports, mention is made of how the world had been dealing with the COVID-19 pandemic. In line with government and public health advice, NSRF staff members continued to work at home in 2021 and the NSRF has continued operating virtually. 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 2021 relating to the impacts of COVID-19 on mental health, in addition to requests concerning 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 have worked tirelessly throughout 2021 on the surveillance systems and the various research project. We would like to recognise these efforts and to thank staff members for their dedication and hard work during the unusual times through which we have been living. We 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/
Research Professor

Highlights of the Year



Scopus
Citations

2,846

Journal Publications



23

Presentations

61



Social media
followers

+319



Google Scholar Citations

4,593



Reports

2

Briefing
Documents

11

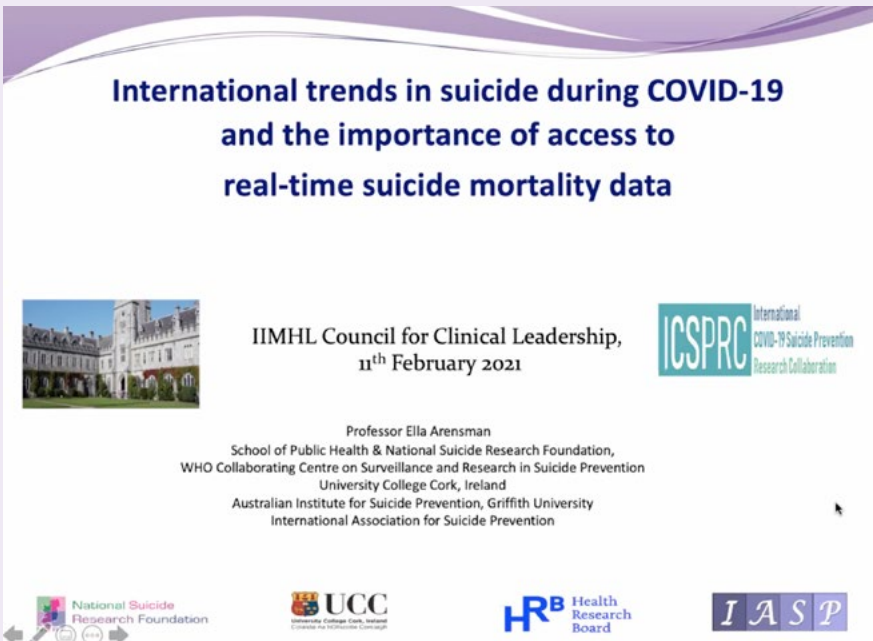


Parliamentary
Questions

3




Outcomes and Impact of NSRF research




On February 11th, Prof Ella Arensman presented on 'International trends in suicide during COVID-19 and the importance of access to real-time suicide mortality data' at a meeting of the International Initiative for Mental Health Leadership (IIMHL) Council for Clinical Leadership.

Read more about the network here: <https://www.iimhl.com/>



On Self Injury Awareness Day (March 1st, 2021) the MENTUP consortium prepared a press release to increase awareness about the signs of self-harm, challenge stigma and encourage those who engage in self-harm to reach out for support:

<https://tinyurl.com/y67ry55a>



On National Workplace Wellbeing Day 2021 (April 30th, 2021) the MENTUPP consortium prepared a press release highlighting the need to invest in mental health and wellbeing in the workplace and announcing the launch of the MENTUPP Pilot Study:

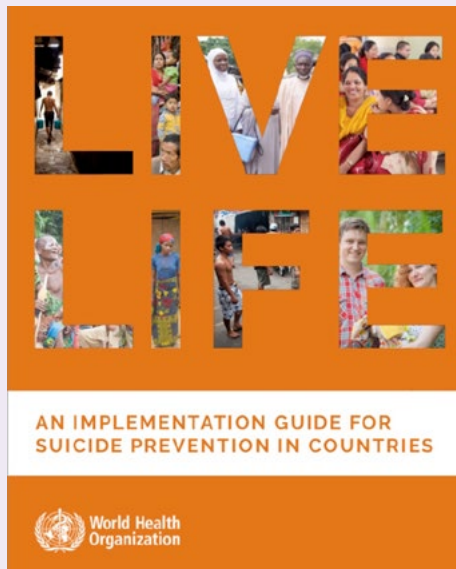
<https://tinyurl.com/f4vx4hy6>

Media must act responsibly when reporting on impact of pandemic on mental health

As further data become available, it will be important to continue to monitor and evaluate the incidence of suicide and self-harm as the pandemic unfolds



On April 30th Dr Mary Joyce, Prof Ella Arensman and Dr Eve Griffin co-authored an opinion piece on the evidence for impacts of COVID-19 on mental health in the Irish Examiner. Read the article in full here: <https://tinyurl.com/2p8rcdyh>



The NSRF was delighted to contribute to Live Life: An implementation guide for suicide prevention in countries, launched on June 17th, as part of its designation as a WHO Collaborating Centre for Surveillance and Research in Suicide Prevention:

<https://tinyurl.com/upmbxvaw>



On July 8th, 2021 Prof Ella Arensman contributed to a panel discussion on improving mental health outcomes at a Shared Island Dialogue on Health event, alongside Prof Siobhan O'Neill and Dr Joseph Duffy.

Read more about the series here:

<https://tinyurl.com/ydyhmc85>

On World Suicide Prevention Day, the MENTUPP consortium issued a press release encouraging organisations to share information and experiences that can contribute to advancing our understanding of improving mental health and preventing suicidal behaviour:

<https://tinyurl.com/yh9aw49t>



Press Release

World Suicide Prevention Day takes place on September 10th every year to raise global awareness and encourage worldwide commitment to prevent suicide.

Suicide remains one of the leading causes of death worldwide. Nearly 700,000 people die by suicide each year. Most suicides occur in the presence of mental disorders such as depression and psychosis, and substance misuse, which are the most common risk factors.

The COVID-19 crisis has increased risk factors for suicide, including increased anxiety and stress symptoms, social isolation, reduced access to healthcare services, and changing work structures. The prolonged pandemic continues to remind us that mental health is deeply interconnected with a range of social determinants – how we live, work, and interact with one another.

The EU-funded project "Mental Health Promotion and Intervention in Occupational Settings (MENTUPP)" is targeting some of the factors by promoting and addressing mental health and wellbeing in Small and Medium Sized Enterprises, which comprise more than 90% of all EU businesses. The MENTUPP project is a joint endeavour of multidisciplinary experts from occupational sectors associated with high levels of mental health problems and suicide, including construction, health, and Information Communications Technology.

With World Suicide Prevention Day approaching, the MENTUPP consortium encourages organizations and other stakeholders to share information and experiences that can contribute to advance our understanding of improving mental health and preventing suicidal behaviour.

Together, we can 'create hope through action'.

For more information on World Suicide Prevention Day and suicide prevention, please visit the following websites:

[World Suicide Prevention Day – International Association for Suicide Prevention \(IASP\)](#)

[Suicide Prevention – World Health Organization \(WHO\)](#)

For further information on the MENTUPP project, please see: [MENTUPP](#)



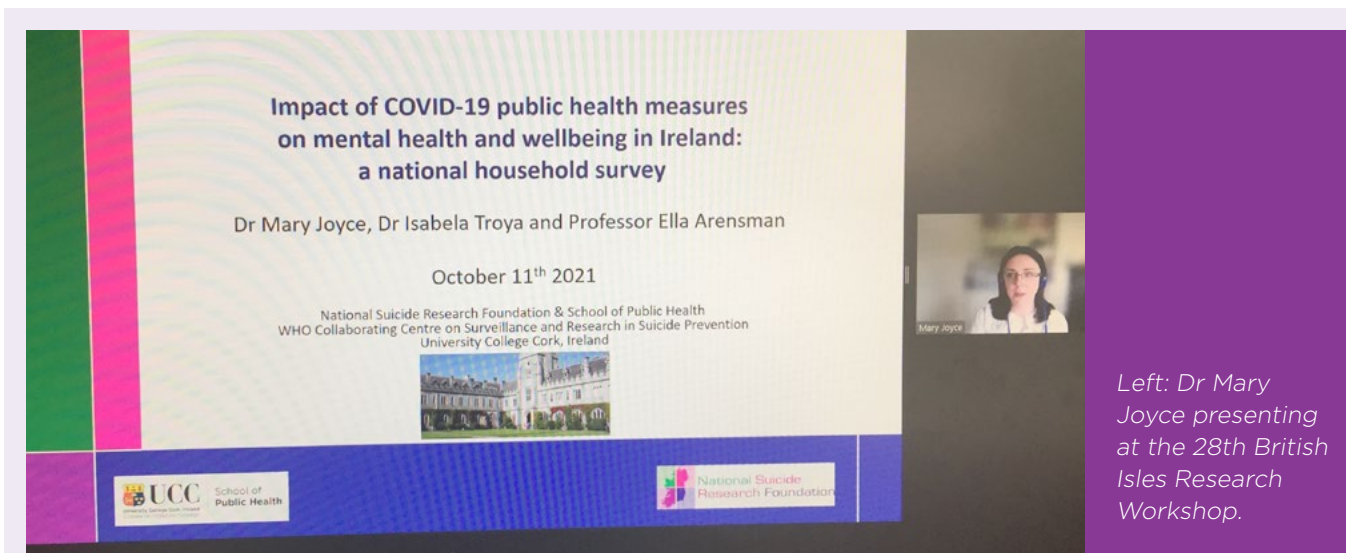
This project has received funding from the European Union 2020 research and innovation programme under grant agreement No 848137. The material presented and views expressed here are the responsibility of the author(s) only. The EU Commission takes no responsibility for any use made of the information set out.



On September 30th the NSRF published its annual report for 2020.

In 2020, to improve cohesion, the NSRF implemented strategic research clusters addressing specific topics, combining specialist expertise and optimising research capacity. Despite COVID-19 related challenges in 2020, the research outputs had significantly increased from the previous year, in particular the number of publications, research projects and successful funding awards.

Read more here: <https://tinyurl.com/8n5745hs>



Left: Dr Mary Joyce presenting at the 28th British Isles Research Workshop.

On October 11th and 12th Dr Mary Joyce, Dr Clíodhna O'Brien and Dr Caleb Leduc presented at the 28th British Isles Research Workshop on Suicide and Self-Harm and The Lancet Psychiatry Suicide Symposium on the following topics:

- Impact of COVID-19 public health measures on mental health and wellbeing in Ireland: a national household survey.
- Findings from the EU MENTUPP study.

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

Implementation and Evaluation of National Suicide Prevention Strategies: An Update



Prof. Ella Arensman
24th October 2021



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



On October 24th Prof Ella Arensman presented a plenary lecture at the IASR/AFSP International Summit on Suicide Research. The presentation provided an update on the implementation and evaluation of National Suicide Prevention Strategies.

Access slides here:
<https://tinyurl.com/3udm3547>

WHO Collaborating Centre for Surveillance and Research in Suicide Prevention (IRE-9)

Arensman E^{1,2}, Williamson E¹, McTernan N¹, Griffin E^{1,2}, Troya IM^{1,2}, Ryan F¹, Benson R^{1,2}

¹National Suicide Research Foundation Ireland,
²School of Public Health, University College Cork, Cork.

Introduction

In December 2015, the NSRF was initially designated as a WHO Collaborating Centre for Surveillance and Research in Suicide Prevention. In 2019, the redesignation was approved for a further four years. The remit of WHO Collaborating centre 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 2013-2030 global mental health action plan and the UN Sustainable Development Goals for 2030. 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.

Work plan

The agreed Work plan comprises three main Activities:

Activity 1: Establishing and Maintaining Surveillance Systems for Medically Treated Suicide Attempts

Activity 2: Enhancing Screening and Registration of Suicide Mortality Cases.

Activity 3: Indicators for the Evaluation of National Suicide Prevention Programmes E-Learning Programme for Establishing and Maintaining Surveillance Systems for Suicide Attempts and Self-Harm

Inputs for WHO publications

- ❖ Preventing suicide: A global imperative
- ❖ National Suicide Prevention Strategies: Progress, examples and indicators.
- ❖ Preventing Suicide: A Resource for Filmmakers and Others Working on Stage and Screen.
- ❖ LIVE LIFE: An implementation guide for suicide prevention in countries



Deliverables and Outcomes (Core priority 3 – Promoting health and well-being)

E-Learning Programme for Establishing and Maintaining Surveillance Systems for Suicide Attempts and Self-Harm

Launched in 2019, the aims of the E-Learning programme are to facilitate surveillance of suicide attempts and self-harm at global level and to improve the accuracy of hospital-based suicide attempts and self-harm. The work involved preparing different modules, including a training module with additional test vignettes.

The E-Learning Programme is a tool for countries to use in setting up a public health surveillance system for suicide attempts and self-harm cases presenting to general hospitals and was translated into Russian in 2020.



Prof Ella Arensman and colleagues in Moscow, March 2020 to participate in a consultation on implementing and strengthening suicide prevention activities in Russia.

Development and implementation of multi-centre self-harm surveillance systems at the request of WHO

- ❖ Since 2019, the WHOCC at the NSRF is coordinating 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.
- ❖ In 2019, the NSRF completed the draft of the 2nd National Strategic Action Plan for Suicide Prevention in Namibia in collaboration with the WHO Country Office in Windhoek and the Ministry of Health and Social Services (MoHSS), Namibia.
- ❖ Since 2020, the NSRF is coordinating a multi-centre self-harm surveillance system in Kazakhstan, in collaboration with the WHO Regional Office for Europe.
- ❖ In 2020, the NSRF coordinated first meetings with representatives of the Ministry of Health and relevant stakeholders in Ecuador to support the development of a self-harm surveillance system, in collaboration with representatives from the WHO Department of Mental Health and Substance Use, Geneva and the PAHO/WHO Office in Washington.
- ❖ Since 2021, the NSRF is providing technical support for the establishment of self-harm surveillance systems in Guyana, Suriname and Trinidad Tobago in collaboration with the PAHO/WHO Office in Washington.

On November 2nd and 3rd Prof Ella Arensman, Ms Eileen Williamson and Mr Niall McTernan attended the first Regional Meeting of the World Health Organisation Collaborating Centres, identifying common areas of work to strengthen cooperation on United Action For Better Health.

Read more about NSRF WHO CC activities on page 28.

Research Dissemination

Mental health and wellbeing following an initial period of COVID-19 restrictions: findings from a cross-sectional survey in the Republic of Ireland

Dr Isabela Troya, M Joyce, A Khashan, C Buckley, K Chakraborti, P Hoevel, R Humphries, P Kearney, E Kiely, M Murphy, I Perry, E Arensman
18th Psychology Health and Medicine Conference
May 14, 2021



NSRF researcher's Dr Caroline Daly and Dr Isabela Troya presented their research on means restriction and the impact of COVID-19 on mental health following a period of social restrictions at the 18th Psychology Health and Medicine Conference on May 13th and 14th.

Read more about the conference here:

www.ucc.ie/en/phm/

First Annual Suicide and Self-Harm Research Workshop on the island of Ireland

• Thursday, 27th May - 9.00am &
• Friday 28th May - 9.00am

HEA
HIGHER EDUCATION
AUTHORITY

National Suicide
Research Foundation

UCC
University College Cork, Ireland
Coláiste na hOileáine Corcaigh

C-SSHRI

On May 27th and 28th the NSRF hosted the first Annual Suicide and Self-Harm Research Workshop on the island of Ireland.

The two-day event included an inaugural lecture from Prof Keith Hawton on 'The COVID-19 Pandemic and Self-Harm in England.

NSRF researchers Niall McTernan, Fenella Ryan and Dr Isabela Troya also presented their research.

On May 26th, 2021 Dr Isabela Troya presented a poster entitled: 'From evidence to implementation: Developing the Self-Harm Assessment and Management for General Hospitals Training Programme' at the Royal College of Surgeons in Ireland Faculty of Public Health Medicine Summer Scientific.

Read more about it here:

<https://tinyurl.com/3bnpy6ur>

From evidence to implementation & evaluation: Developing the Self-Harm Assessment & Management for General Hospitals (SAMAGH) Training Programme

M. Isabela Troya^{1,2}, Grace Cusly^{1,2}, Dorothy Leahy^{1,2}, Eugene Cassidy¹, Anwar Sadath^{1,2}, Sarah Nicholson^{1,2}, Ana Paula Ramos Costa^{1,2}, Inigo Alberdi-Páramo¹, Anne Jeffers¹, Frances Shiely¹, Ella Arensman^{1,2,4}

Introduction

Previous self-harm is one of the strongest predictors of future self-harm and suicide [1]. Childhood sexual abuse (CSA) is a risk factor for several psychiatric conditions and behaviours, including self-harm [2]. Research into the association between CSA and self-harm repetition is limited. Increased risk of repeated self-harm and suicide exists amongst patients presenting to hospital with high-risk self-harm and major self-harm repetition (i.e. people with 5 or more hospital self-harm presentations); however, so far evidence-based training in the management of self-harm for mental health professionals is limited, with the understanding of specific patient groups such as major self-harm repetition and high-risk self-harm patients being limited.

Objectives

The aim of this study was to:

- (1) Examine the association between self-harm repetition, suicidal intent, and Child Sexual Abuse (CSA) amongst major self-harm repetition (MHR).
- (2) Develop and implement a training programme-SAMAGH: Self-Harm Assessment Management Programme for General Hospitals based on key findings from aim 1 alongside literature review and consultation with healthcare experts. SAMAGH aims to (a) reduce hospital-based self-harm repetition rates and (b) increase rates of mental health assessments being conducted with self-harm patients. We also aim to evaluate the training on self-harm knowledge, attitudes, and skills related outcomes of healthcare professionals involved in the training.

Methods

A mixed-methods study was conducted including consecutive patients aged 18 or older with 5 or more self-harm presentations in three Irish hospitals. Information was extracted from psychiatric records and patients were invited to participate in a semi-structured interview. Data was collected and analysed using a mixed-methods convergent parallel design. In tandem, the association between CSA and self-harm repetition, suicidal intent and mental health conditions was examined using logistic regression models and independent sample t-test with psychiatric records data. Thematic analysis was conducted with interview data to explore CSA experiences and its influence on self-harm repetition.

Results

Between March 2016 and July 2019, information was obtained on 188 consecutive MHRs, with 38 participants completing an interview. CSA was recorded in 42.0% of the overall sample of 188 participants and reported amongst 72.2% of participants interviewed. CSA was positively associated with self-harm repetition (OR=4.26, 95% CI 3.54-5.94, P<0.001). Three themes emerged when exploring participants' CSA experiences: (1) CSA as a precipitating factor for self-harm, (2) Severity of CSA accentuating shame; (3) Less experiences related to CSA and self-harm.

The SAMAGH Training Programme was delivered to 35 healthcare professionals across Ireland, including Clinical Nurse Specialists, Non-Consultant Hospital Doctors, Psychiatry Registrars, and Consultant Psychiatrists from November 2019 to November 2020.

Tables and Figures

Table 1. History of CSA as a predictor of self-harm repetition, mental and physical illness.

Variable	OR	95% CI	P
2 or more self-harm presentations	1.65	0.26 10.40	0.59
Previous suicide	1.05	0.26 4.26	0.94
Physical illness	0.27	0.21 0.74	0.01
Mental/physical health condition	0.27	0.21 0.74	0.01

Figure 1. Description of the SAMAGH Study

Figure 2. Facilities of the simulation labs, SAMAGH Training

Conclusions

CSA was frequently reported amongst MHRs and associated with self-harm repetition. MHRs are an at-risk group; comprehensive patient histories can help inform and tailor treatment. The SAMAGH training incorporated findings to develop the programme. This study contributed to enhanced education training for mental health professionals with the possibility of being translated to other settings with its feasibility and impact being evaluated. Findings from the evaluation study currently being conducted will contribute to the evidence base regarding the effectiveness of an evidence informed training programme that aims to reduce repeated hospital self-harm presentations and to improve compliance with self-harm assessment and management.

References

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2. Pagani LS, Luebbeck S, Ogilvie JR, Cutler M, Muller PE. The long-term co-occurrence of psychiatric illness and behavioral problems following child sexual abuse. *Australian & New Zealand journal of psychiatry*. 2017; 49(11):104-13.
3. Arensman E, Troya M, Nicholson S, Sadath A, Cusly G, Costa AP, Rahman P, Corcoran P, O'Brien E, Williamson E, Ekegren J. Study protocol for the implementation and evaluation of the Self-Harm Assessment and Management for General Hospitals programme in Ireland (SAMAGH): a DASH health services research. 2020 Dec;20(1):1-8.

Acknowledgments


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Author details

Dr M. Isabela Troya
Postdoctoral Researcher, School of Public Health and National Suicide Research Foundation, University College Cork.
Email: isabela.troya@ucc.ie
ORCID ID: 0000-0003-0474-3532
Twitter: @isabelatroyaPhD



Author affiliations

- ¹ School of Public Health, University College Cork, Ireland
- ² National Suicide Research Foundation, Ireland
- ³ Cork University Hospital Group, Liaison Psychiatry Service, Ireland
- ⁴ Instituto de Psiquiatría y Salud Mental, Hospital Clínico San Carlos, Spain
- ⁵ National Clinical Programme for the Assessment and Management of Patients presenting to the Emergency Department following Self-Harm, Office of the National Clinical Advisor and Group Lead, Ireland
- ⁶ Australian Institute for Suicide Research and Prevention, Griffith University, Australia

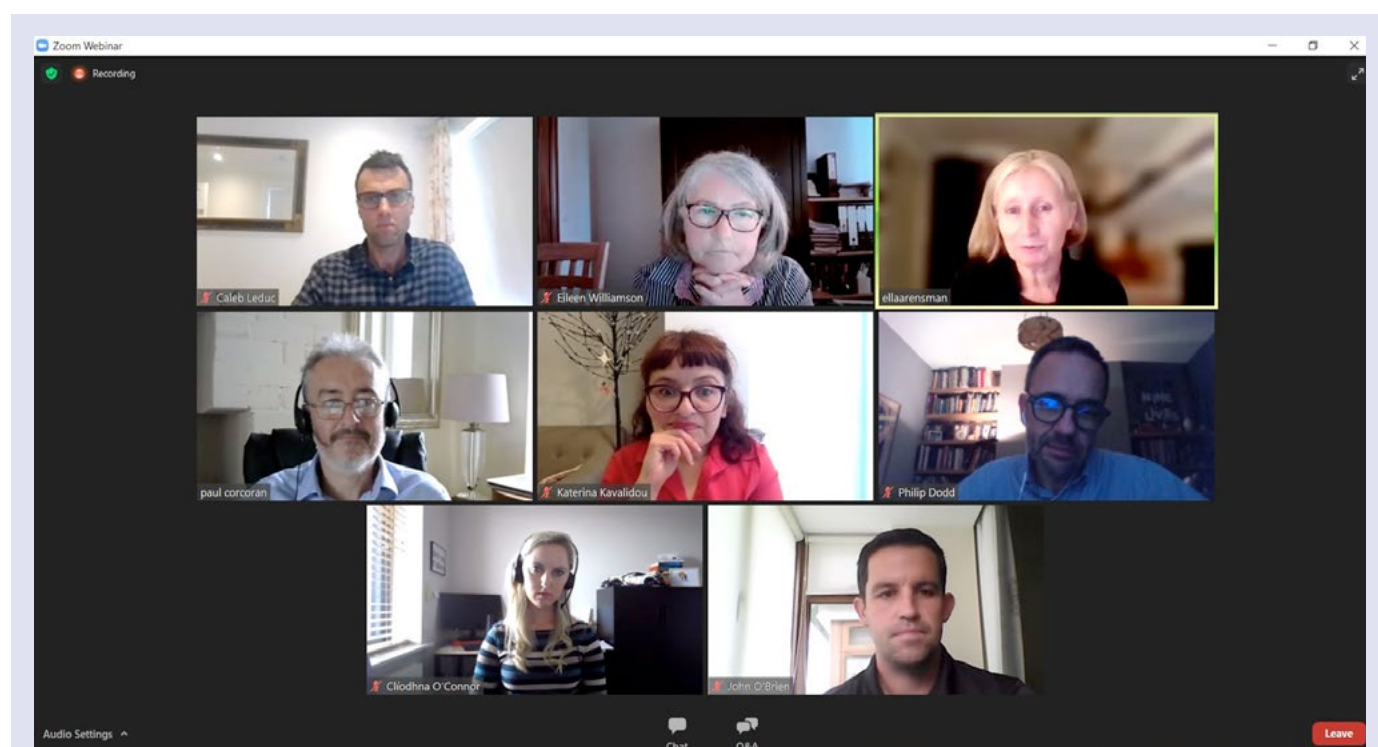


5th Suicide & Self-harm Early & Mid-Career Researchers' Forum.

17th & 18th June 2021.
Online event.

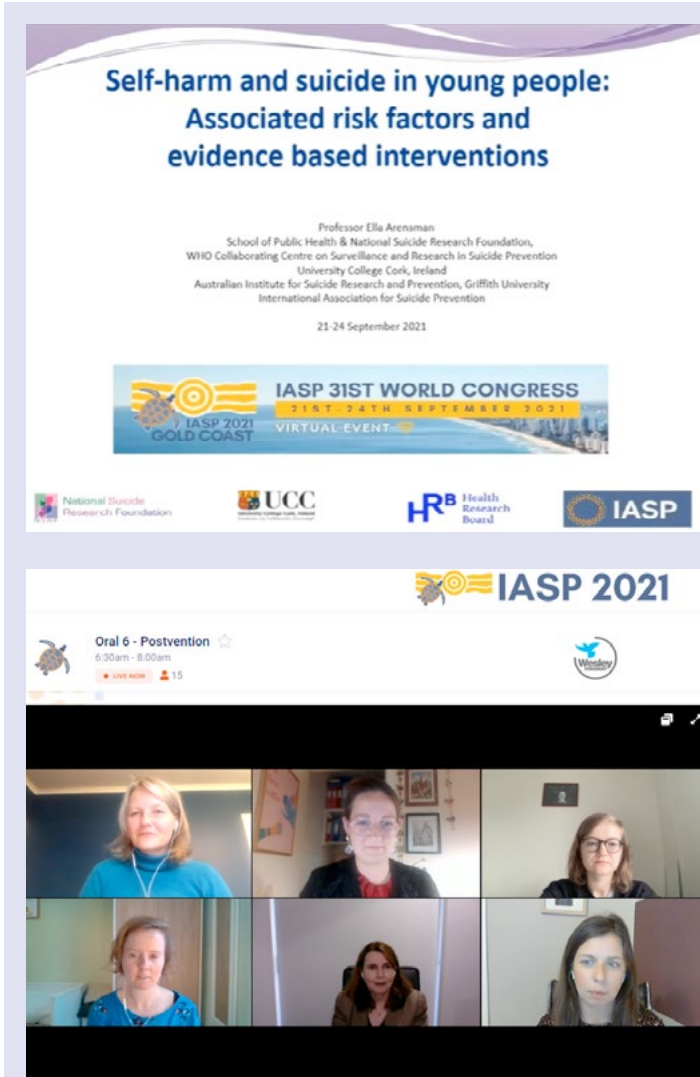
On June 17th Dr Grace Cully presented her research on prescribing patterns and involvement of drugs in high-risk self-harm presentations to ED at the 5th Suicide and Self-Harm Early and Mid-Career Researchers' Forum, organised by the University of Glasgow.



The NSRF hosted a webinar on 'Suicide Prevention among Priority Groups' on September 10th, World Suicide Prevention Day.

The webinar was attended by over 100 people and included keynote lectures from Assoc. Prof. Vita Poštuvan (Slovene Centre for Suicide Research) and Prof. Philip Dodd (Clinical Advisor of National Office for Suicide Prevention and Department of Health, Ireland).

Pictured above (l-r): Dr Caleb Leduc, Ms Eileen Williamson, Prof Ella Arensman, Dr Paul Corcoran, Dr Katerina Kavalidou, Prof Philip Dodd, Dr Clíodhna O'Brien, and Mr John O'Brien.



Pictured top: Prof Ella Arensman presenting a keynote lecture at the 31st World Congress of the IASP.

Pictured bottom: Dr Eve Griffin presenting at the Post-vention session.

NSRF researchers presented on a range of topics at the virtual 31st World Congress of the International Association for Suicide Prevention from September 21st-24th, including:

- Mental Health Promotion and Suicide Prevention in Occupational Settings
- Suicide Bereavement
- Real time surveillance of suicide and the development of ED surveillance systems for self-harm
- Harmful impact of suicide and self-harm content online
- Hospital-presenting self-harm & ideation in Northern Ireland before, during & after the Brexit referendum
- Trends in IDO with illegal drugs
- Comorbidity among Self-Harm Major Repeaters
- Self-Harm and Suicidal Ideation among the Irish Traveller population
- Self-Harm among the prison population
- Self-Harm and Suicide in Young people: Associated risk factors and Evidence based interventions
- National Suicide Prevention Strategies

Over 1100 delegates from 59 countries registered for the conference.

In 2021, the NSRF introduced a new research blog series outlining our different projects and activities. Studies covered included:

- The EAAD-Best project:
www.nsrp.ie/nsrf-research-update/
- The National Suicide Bereavement Survey:
www.nsrp.ie/national-suicide-bereavement-survey/
- First C-SSHRI Member Get-Together:
www.nsrp.ie/first-c-sshri-member-get-together/



											
<p align="center">National Suicide Research Foundation 'Suicide, Self-Harm and Mental Health' Virtual Seminar October 18th, 2021</p> <p align="center">Morning Session: 9.30am – 11.30am Afternoon Session: 1.30pm – 4pm Via Zoom (Irish Standard Time)</p> <p align="center">Programme</p>											
9.30am	<p>Welcome Address for Morning Session</p> <p>Ms Eileen Williamson, Chief Executive Officer, National Suicide Research Foundation and Prof Ella Arensman, Chief Scientist, National Suicide Research Foundation and Professor of Public Mental Health, School of Public Health, UCC</p>										
9.40am	<p>Dr Michael Kelleher Memorial Lecture</p> <p><i>"Deserving versus undeserving mentally ill; Drugs, alcohol and suicide"</i></p> <p>Dr Michael J Kelleher, Consultant Addictions Psychiatrist and Clinical Lead for Lambeth Addictions</p>										
	<table border="1"> <thead> <tr> <th>Research Presentations A: 'Suicide, self-harm and mental health' Chaired by Dr Mary Joyce</th><th>Research Presentations B: 'Youth Mental Health' Chaired by Dr Grace Cully</th></tr> </thead> <tbody> <tr> <td>10.15 am Louise Quinn: Mental health professionals experiences of delivering remote care through video calling during the Covid 19 pandemic</td><td>Nerilee Ceatha: Highlighting the potential of attending to "stress-ameliorating factors" in promoting LGBTI+ youth wellbeing</td></tr> <tr> <td>10.30am Doireann Ni Dhálaigh: Evidence to support implementing a suicide prevention training curriculum for healthcare students in higher education institutions: A scoping review</td><td>Dr Maria Michail: Help-seeking in primary care: Exploring the experiences of young people at-risk of suicide</td></tr> <tr> <td>10.45am Dr Anvar Sadath: The association between self-harm and physical and mental health comorbidities among people with frequent self-harm repetition: A mixed-methods study</td><td>Dr Margaret McLafferty: Suicidal behaviour, depression, and anxiety disorders among college students, prior to and during the COVID-19 pandemic</td></tr> <tr> <td>11.00am Dr Selena O'Connell: Experiences of a peer support group for individuals bereaved by suicide in Ireland</td><td>Madhav Bhargava: Outlining the associative and mediating factors between childhood adversities and suicide ideation in college students</td></tr> </tbody> </table>	Research Presentations A: 'Suicide, self-harm and mental health' Chaired by Dr Mary Joyce	Research Presentations B: 'Youth Mental Health' Chaired by Dr Grace Cully	10.15 am Louise Quinn : Mental health professionals experiences of delivering remote care through video calling during the Covid 19 pandemic	Nerilee Ceatha : Highlighting the potential of attending to "stress-ameliorating factors" in promoting LGBTI+ youth wellbeing	10.30am Doireann Ni Dhálaigh : Evidence to support implementing a suicide prevention training curriculum for healthcare students in higher education institutions: A scoping review	Dr Maria Michail : Help-seeking in primary care: Exploring the experiences of young people at-risk of suicide	10.45am Dr Anvar Sadath : The association between self-harm and physical and mental health comorbidities among people with frequent self-harm repetition: A mixed-methods study	Dr Margaret McLafferty : Suicidal behaviour, depression, and anxiety disorders among college students, prior to and during the COVID-19 pandemic	11.00am Dr Selena O'Connell : Experiences of a peer support group for individuals bereaved by suicide in Ireland	Madhav Bhargava : Outlining the associative and mediating factors between childhood adversities and suicide ideation in college students
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The NSRF hosted a virtual webinar on 'Suicide, Self-Harm and Mental Health' on October 18th in connection with World Mental Health week.

The webinar was attended by over 100 people and included keynote lectures from Dr Michael J Kelleher (South London and Maudsley NHS) and Dr Mark Sinyor (University of Toronto).

Afternoon masterclasses included the following topics:

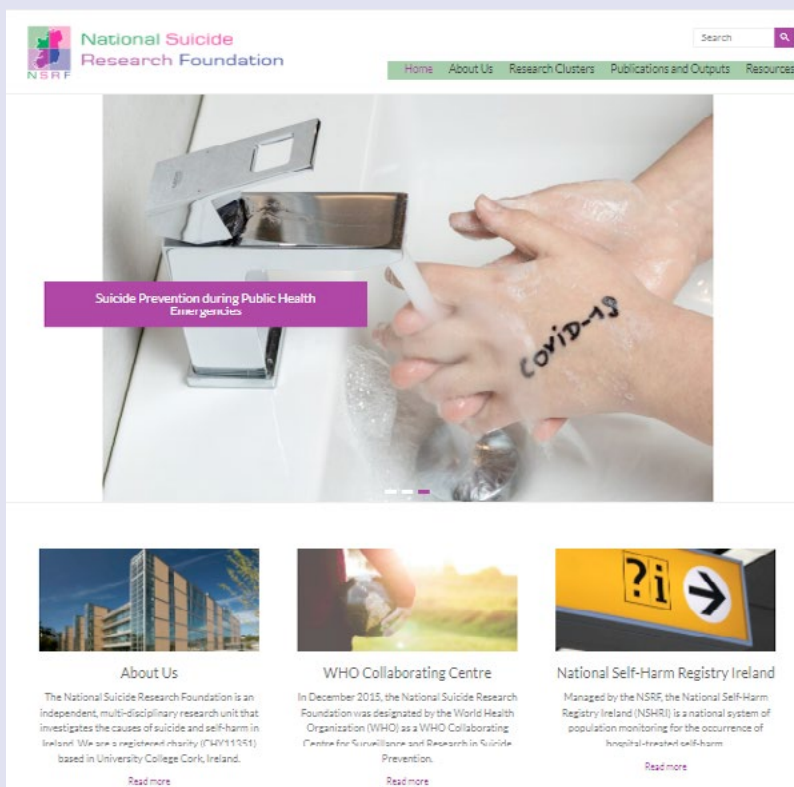
- Mental Health promotion and suicide prevention in children and adolescents
- Impact of COVID-19 on suicide and self-harm
- Bereavement following suicide
- Assessment and Management of self-harm: Challenges and Innovation.

On November 3rd the NSRF launched our new website.

Find out more about our remit, research projects, publications and activities here:

<http://nsrf.ie>

In 2020, to improve cohesion, the NSRF implemented strategic research clusters addressing specific topics, combining specialist expertise and optimising research capacity. The website is designed around these themes.



Deliverables and events related to NSRF Projects

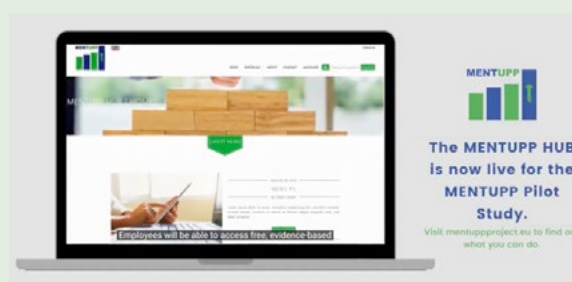


In connection with World Mental Health Day, the National Suicide Research Foundation in collaboration with HUGG (Healing Untold Grief Groups) launched the 'Irish Suicide Bereavement Survey' on October 5th, the first large-scale national study of adults bereaved or affected by suicide in Ireland.

This ground-breaking research aims to provide a national profile of the impact of suicide bereavement and the needs of the estimated 60,000 people impacted by suicide every year in Ireland.

Pictured left: Dr Eve Griffin and Ms Fiona Tuomey (Healing Untold Grief Groups) at the launch of the Irish Suicide Bereavement Survey. Photo credit: Tomás Tyner

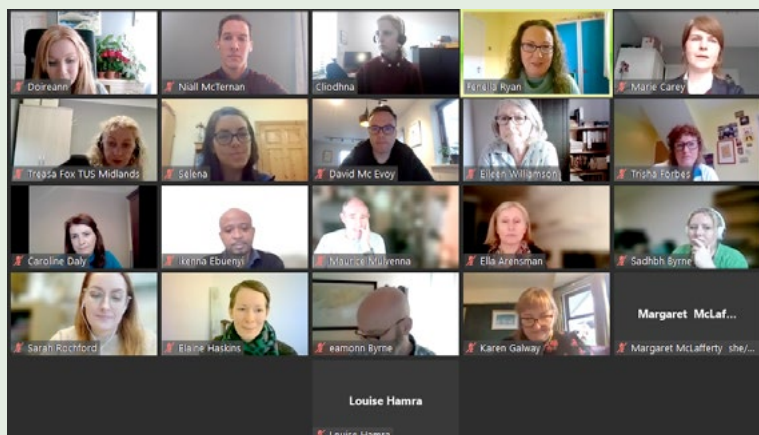
In May, the MENTUPP consortium launched the pilot evaluation of the MENTUPP Hub with participating organisations in construction, healthcare and ICT sectors from nine countries across the European Union and Australia!



Connecting for Life

Prof Ella Arensman, Dr Mary Joyce and Dr Caroline Daly presented at a virtual workshop for the HSE National Office for Suicide Prevention Resource Officers for Suicide Prevention on November 23rd. Topics included:

- (1) The impact of COVID-19 public health measures on mental health and social wellbeing
- (2) The association between childhood sexual abuse, self-harm repetition, and suicidal intent: a mixed-methods study
- (3) Intentional drug overdose with paracetamol by young people: a national registry study of characteristics, incidence and trends 2007-2018.



Above: Delegates at the first C-SSHRI Get Together

The Connecting Suicide and Self-Harm Researchers on the island of Ireland (C-SSHRI) collaboration held their first meeting on November 30th. The aim of this exciting project is to 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.

Find out more here:

<https://tinyurl.com/4rzfnfp3>



New Funding Awards

In 2021 NSRF researchers were successful on several funding applications:

- **Dr Isabela Troya - Government of Ireland Postdoctoral fellowship**

Title: Examining individual and psychosocial determinants of self-harm and suicidality in older adults: improving risk assessment and management
- **Dr Elaine McMahon & Dr Katerina Kavalidou - NOSP Grant Scheme for Collaborative Research Projects**

Title: Beyond Bullying - The Role of Humiliation in Suicidality in Ireland's Youth
- **Dr Eve Griffin - Irish Research Council New Foundations Award 2020**

Title: Exploring the benefits of peer support groups for those bereaved by suicide
- **Dr Grace Cully & Dr Caroline Daly - NOSP Grant Scheme for Collaborative Research Projects**

Title: Retrospective chart review of patients presenting to the Emergency Department following High Lethality Intentional Drug Overdose (IDO) and subsequent prescribing practices
- **Ms Ruth Benson & Prof Ella Arensman - HEA Covid-19 funding call**

Title: Suicide and Self-Harm Observatory
- **Prof Ella Arensman, Dr Isabela Troya, Dr Anvar Sadath & Ms Karen Mulcahy - NOSP Grant Scheme for Collaborative Research Projects**

Title: Upscaling of the Self-Harm Assessment and Management of Self-Harm in General Hospitals (SAMAGH)
- **Ms Eunice Phillip & Prof Ella Arensman - HEA Covid-19 funding call**

Title: Self-Harm and Suicide Awareness (SHARE)
- **Prof Ella Arensman, Dr Paul Corcoran, Dr Eve Griffin, Dr Elaine McMahon, Dr Clíodhna O'Brien, Dr Isabela Troya & Dr Anvar Sadath - Health Research Board Collaborative Doctoral Awards**

Title: Early Identification of Suicide and Self-Harm Risk and Comorbid Mental and Physical Disorders: An Interdisciplinary Training, Research and Intervention Programme (MHAINTAIN)
- **Dr Isabela Troya, Prof Ella Arensman & Ms Karen Mulcahy - COMH Covid-19 Research funding award**

Title: COVID-19-Estimating the impact of public health measures on physical, mental, and social wellbeing: 1 year after Ireland's first implemented public health measures
- **Ms Fenella Ryan, Dr Clíodhna O'Brien & Ms Eileen Williamson - Higher Education Authority**

Title: Connecting Suicide and Self-Harm Researchers on the island of Ireland
- **Prof Ella Arensman, Ms Eileen Williamson, Ms Eileen Hegarty & Mr Niall McTernan - 3rd EU Health Programme (HP-PJ-2020).**

EAAD-Best: Adapting and Implementing EAAD's Best Practice Model to Improve Depression Care and Prevent Suicidal Behavior in Europe
- **Dr Eve Griffin, Dr Eimear Ruane-McAteer, Dr Caroline Daly & Dr Clíodhna O'Brien - NOSP Grant Scheme for Collaborative Research Projects**

Title: Experiences of supports for suicide bereavement in Ireland: A national survey

International and national collaborations related to COVID-19



NSRF researchers co-authored a number of papers related to the impact of Covid-19 on suicidal behaviour in 2021, both as part of the International COVID-19 Suicide Prevention Research Collaboration (ICSPRC) and as part of existing national and international partnerships:

- Irish Education Studies paper – **Experiences of remote education during COVID-19 and its relationship to the mental health of primary school children** – March 2021
- F1000 Research Systematic Review – **The impact of the COVID-19 pandemic on self-harm and suicidal behaviour: a living systematic review** – June 2021
- International Journal of Environmental Research and Public Health paper – **The Impact of Epidemics and Pandemics on the Mental Health of Healthcare Workers: A Systematic Review** – June 2021
- Lancet Psychiatry Paper – **Suicide trends in the early months of the COVID-19 pandemic: an interrupted time-series analysis of preliminary data from 21 countries** – July 2021

Awards and achievements



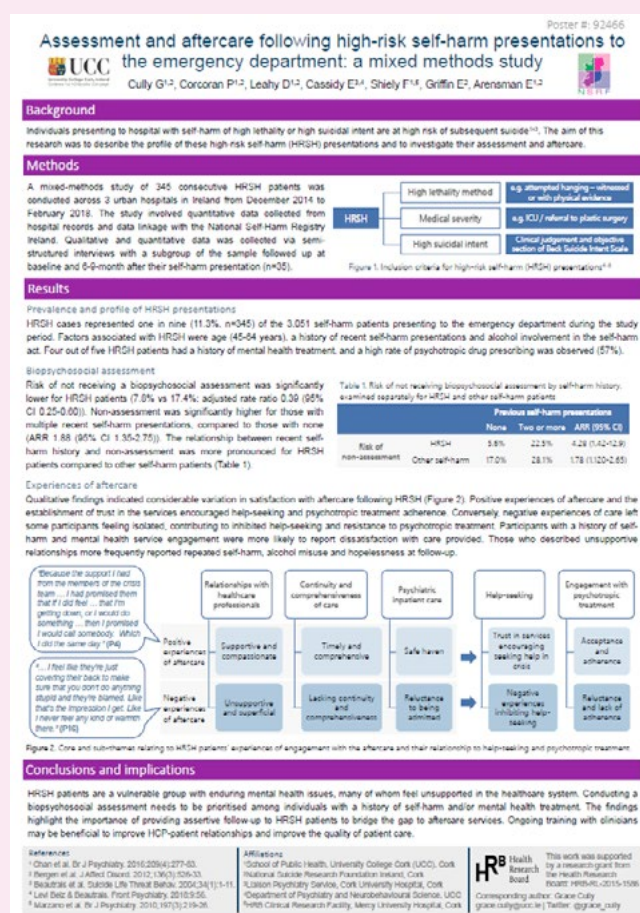
UCC appoints Ireland's first Professor of Public Mental Health

Huge congratulations to Prof Ella Arensman on her appointment as Ireland's first Professor of Public Mental Health in March 2021. Ella has been at the forefront in the development of suicide prevention locally, nationally and internationally for over three decades.

We, at the NSRF, look forward to continuing to work with Ella in strengthening the evidence base and progressing suicide prevention and mental health promotion in Ireland and beyond.

Read more about the appointment here:

www.ucc.ie/en/news/ucc-appoints-irelands-first-professor-of-public-mental-health.html



31st World Congress of the International Association for Suicide Prevention

Congratulations to Dr Grace Cully on winning the best poster award at the virtual 31st World Congress of the International Association for Suicide Prevention, from September 21st-24th, for her study on 'Assessment and aftercare following high-risk self-harm presentations to the emergency department'.

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, however, 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/y349l7pj>
- 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.nsrp.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 to comply 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

National Suicide Research Foundation staff members and directors have 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 from the previous 12 months. Board Members also receive 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 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 decisions 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.nsrp.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 outlines in these principles. We commit to reviewing our organisational practice against the recommended actions for each principle every year.

Dr Margaret Kelleher
Director

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, September 2017.

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 have organised our research within research clusters addressing specific topics, whereby we can optimise combining relevant specialist expertise, and increase research capacity 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
(Resigned October 2021)

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

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

PERSONNEL IN 2021

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
Research Fellow

Dr Katerina Kavalidou

Post-Doctoral Researcher

Dr Caroline Daly

Post-Doctoral Researcher

Dr Clíodhna O'Brien (O'Connor)

Post-Doctoral Researcher

Dr Selena O'Connell

Post-Doctoral Researcher
(Appointed June 2021)

Dr Shelly Chakraborty

Data Analyst
(Appointed April 2021)

Ms Eileen Hegarty

Operations Manager (Finance)

Mr Niall McTernan

Executive Research & Operations Manager

Ms Doireann Ni Dhalaigh

Research Support Officer
(Appointed January 2021)

Ms Georgie O'Sullivan

Data Manager, National Self-Harm Registry Ireland
(Appointed April 2021)

Ms Sarah Nicholson (O'Meara)

Data Protection Officer/Quality Manager
(Maternity leave Nov 2020 – Nov 2021)

Mr Pawel Hursztyn

Research Support Officer

Mr Leon Fan

IT Support Officer

Ms Nora Conway

Research Officer

Ms Ruth Benson

Research Officer International Association for Suicide Prevention

HRB Research Leaders Award Funding

Professor Ella Arensman

Research Professor, Chief Scientist

Ms Karen Mulcahy

Research Administrator

Dr Isabela Troya Bermeo

Post-Doctoral Researcher
(Maternity leave August 2021)

Dr Anvar Sadath

Post-Doctoral Researcher

Dr Grace Cully

(Maternity leave December 2021)

Ms Ruth Benson

PhD Scholar HRB RLA

Ms Sarah Nicholson (O'Meara)

Research Support Officer
(Maternity leave Nov 2020 – Nov 2021)

Eunice T. Philip

Research Assistant

HRB Emerging Investigators Award

Dr Eve Griffin

Research Fellow

Dr Eimear Ruane McAteer

Post-Doctoral Researcher
(Maternity leave Nov 2021)

HRB Applied Research into Policy and Practice

Dr Elaine Mc Mahon

Research Fellow

H2020 MENTUPP

Dr Clíodhna O'Brien (O'Connor)

Post-Doctoral Researcher

Dr Grace Cully

Research Officer
(Maternity leave December 2021)

Ms Doireann Ni Dhalaigh

Research Support Officer
(Appointed January 2021)

HEA – C-SSHRI

Ms Fenella Ryan

Research Support Officer

National DBT Project

Ms Justina Hurley

Senior Research Officer
(Resigned July 2021)

Ms Louise Dunne

Administrator

Ms Emily Boylan

Research Officer
(Appointed September 2021)

Ms Stephanie Wall

Research Officer
(Appointed September 2021)

Dr Mary Joyce

Consultant
(Appointed May 2021)

EAAD-Best

Dr Grace Cully

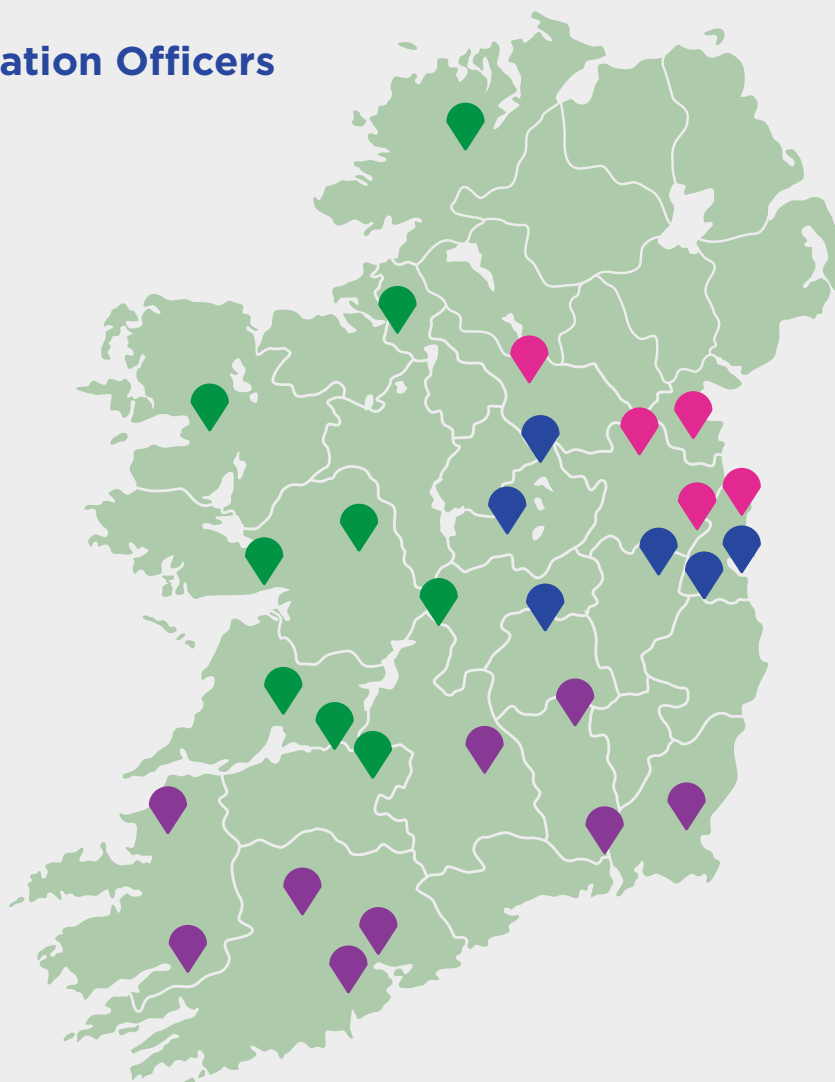
Post-Doctoral Researcher
(Appointed April 2021)

WHOCC – PAHO

Ms Ruth Benson

Research Officer
(Appointed September 2021)

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 & Ciaran Cluskey Kelly

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 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 2021:

- National Self-Harm Registry Ireland Data Briefing. [Hospital-presenting self-harm during January-October 2020. April 2021](#)
- National Self-Harm Registry Ireland Data Briefing. [Hospital-presenting self-harm during January-December 2020. July 2021](#)
- National Self-Harm Registry Ireland Data Briefing. [Hospital-presenting self-harm during January-March 2021. December 2021](#)
- National Self-Harm Registry Ireland Community Healthcare Organisation (CHO) 1-9 Reports 2019. [Cork: National Suicide Research Foundation. April 2021](#)
- Three peer-reviewed journal articles as listed under 'Publications'
- Meetings of Data Registration Officers in March 2021 and July 2021 (virtual).
- Meeting (virtual) of Data Registration Officers from NSHRI and Northern Ireland Registry of Self-Harm in November 2021.

Personnel Involved:

Dr Paul Corcoran, Dr Mary Joyce, Dr Caroline Daly, Mr Niall McTernan, Ms Georgie O'Sullivan, Dr Shelly Chakraborty, Mr Pawel Hursztyn, Ms Sarah Nicholson, Mr Leon Fan, Ms Eileen Hegarty, Ms Eileen Williamson, Prof. Ella Arensman.

Data Registration Officers:

Liisa Aula, Agnieszka Biedrycka, Alan Boon, Ursula Burke, Ciaran Cluskey-Kelly, 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 2021:

- Birchall E, Perry IJ, **Corcoran P, Daly C, Griffin E.** (2021). [The impact of guidance on the supply of codeine-containing products on their use in intentional drug overdose.](#) European journal of public health, 31(4), 853-858.
- **Cully G, Corcoran P,** Leahy D, Cassidy E, Steeg S, **Griffin E,** Sheily F, **Arensman, E.** (2021). [Factors associated with psychiatric admission and subsequent self-harm repetition: a cohort study of high-risk hospital-presenting self-harm.](#) Journal of mental health, 1-9.
- **Griffin E,** McHugh SM, Jeffers A, Gunnell D, **Arensman E,** Perry IJ, **Corcoran, P.** (2021). [Evaluation of the impact and implementation of a national clinical programme for the management of self-harm in hospital emergency departments: study protocol for a natural experiment.](#) BMJ Open, 11(12), e055962.

Presentations/workshops related to project in 2021:

Oral

- Cully G. Prescribing patterns and involvement of drugs in high-risk self-harm presentations to ED. 5th Suicide and Self-Harm Early and Mid-Career Researchers' Forum, Glasgow. June 17th, 2021
- Corcoran P. Developing emergency department surveillance systems for self-harm: Examples from around the world. 31st World Congress of the International Association for Suicide Prevention, September 21st-24th, 2021.

- Daly C. Intentional drug overdose with paracetamol by young people: a national registry study of characteristics, incidence and trends, 2007-2018. 31st World Congress of the International Association for Suicide Prevention, September 21st-24th, 2021.
- Impact of COVID-19 on suicide and self-harm NSRF World Mental Health Day webinar presentations, October 18th, 2021
- Daly C. Intentional drug overdose with paracetamol by young people: a national registry study of characteristics, incidence and trends, 2007-2018. ROSP Workshop. November 23rd, 2021

Virtual Poster

- Daly C. Trends in intentional drug overdose involving illegal drugs: A national registry-based study 2007-2019. 31st World Congress of the International Association for Suicide Prevention, September 21st -24th, 2021.

- Cully G. Assessment and aftercare following high-risk self-harm presentations to the emergency department: a mixed methods study. 31st World Congress of the International Association for Suicide Prevention, September 21st -24th, 2021.

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 35.
- 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 37.

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 NIRSH was first piloted in the Western Health & Social Care Trust area in 2007. Building upon the success of this pilot, the NIRSH was implemented across all five Health and Social Care Trusts in Northern Ireland, 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:

- The NIRSH aims to improve understanding of self-harm and related behaviours in Northern Ireland.
- The NIRSH serves to monitor trends and patterns over time.
- The NIRSH also informs the PHA and the Department of Health about the development of healthcare services and the provision of supports.

Key Deliverables and Outcomes in 2021:

- Data pertaining to 6 months of data for 2020/21 were processed, in addition to 6 months of data for 2021/22 for the Department of Health, Social Services and Public Safety (DHSSPS) summary reports in 2021. These reports are published for Northern Ireland and each Health and Social Care Trust (HSCT) on a quarterly basis.
- A Masterfile detailing data from April 2012 to 2019 was created and disseminated to the PHA for research purposes by Queens University, Belfast.
- Progress monitoring reports were created for two Local Government Districts of Northern Ireland for the calendar year 2019/20. This was the first creation and dissemination of such data files by LGD to date.
- A total of 9 data requests or data reviews were prepared.

- A joint meeting of Data Registration Officers from both with the NIRSH and National Self-Harm Registry Ireland was held (November 2021).
- Progress Monitoring Reports were completed and submitted quarterly to the PHA.

Personnel Involved:

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

Publications in 2021:

- Publications in progress, including *Rates of hospital-presenting self-harm and ideation in Northern Ireland before, during and after the Brexit referendum*.

Presentations/workshops related to project in 2021:

- **Daly C.** Rates of hospital-presenting self-harm and ideation in Northern Ireland before, during and after the Brexit referendum, IASP 31st Annual Conference, September 21st-24th, online.

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 2021:

- Full year summary report for 2019 (Published April 2021)
- Two-year summary report for 2020 & 2021 (Q3 2022)
- Preparation of a peer reviewed paper based on 3 years of data (In preparation for International Journal of Forensic Mental Health)
- Preparation of a peer reviewed paper on the Impact of COVID-19 on self-harm (Q4 2022)
- 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 2021:

- **McTernan N, Griffin E, Cully G, Kelly E, Hume S, Corcoran P** (2021) [Self-harm in Irish Prisons 2019: Third report from the Self-Harm Assessment and Data Analysis \(SADA\) Project](#). Irish Prison Service

Presentations/workshops related to project in 2021

- **McTernan N.** Third report from the Self-Harm Assessment and Data Analysis (SADA) Project. Connecting for Life Cross-Sectoral Steering Group Meeting. April 15th, 2021.
- **McTernan N.** Characteristics and profile of prisoners who engage in self-harm: Findings from the Self-Harm Assessment and Data Analysis Project 2017-2019. 1st Annual Suicide & Self-Harm Research Workshop, May 27th, 2021.
- **McTernan N.** Characteristics and profile of prisoners who engage in self-harm: Findings from the Self-Harm Assessment and Data Analysis Project 2017-2019. 31st World Congress of the International Association for Suicide Prevention, September 22nd, 2021.

Self-harm in Irish Prisons 2019

Self-harm in Irish Prisons 2019: Third Report from the Self-Harm Assessment and Data Analysis (SADA) Project presents the full findings of the third year of the SADA Project¹ for the year of 2019. This forms part of the work of the National Suicide and Harm Prevention Steering Group (NSHPG) and is supported by the multi-disciplinary teams across the prison estate who play a pivotal role in analysing 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 (2021). Self-harm in Irish Prisons 2019. Third report from the Self-Harm Assessment and Data Analysis (SADA) Project. Irish Prison Service.

In Irish prisons in 2019...

203
EPISODES
of self-harm
involving
109 individuals

RATE
2.9 per 100
prisoners
equates to
1 in every 34
prisoners

FEMALE
RATE
X8.2
Female rate was
8.2 times higher
than rate among
male prisoners

SUICIDAL
INTENT
1 in 3
Approximately
one in three (31%)
were deemed to
have suicidal intent

AGE

The rate of self-harm was highest among prisoners aged 18-29 years (3.4 per 100) – 1 in every 29 prisoners

MALE
3.1 per 100
1 in every 32
prisoners

FEMALE
10.3 per 100
1 in every 10
prisoners

TIME



Over half of all self-harm incidents (51.7%) occurred between **2pm** and **8pm**

DAY



One fifth (19%) of episodes occurred on a **Thursday**

METHODS



64.7% involved self-harm by **self-cutting** or **scratching** (2 in every 3)



21.1% involved self-harm by **attempted hanging** (1 in every 5)



The rate of self-harm was lower among prisoners sentenced than those on remand (2.3 versus 5.7 per 100)

TREATMENT
1 in 7
required
hospital
treatment

REPETITION



One-third (33.9%)
of individuals engaged in non-fatal self-harm more than once during the calendar year

CONTRIBUTORY FACTORS



Mental Health



Relational



Environmental



Procedural



Medical

The majority (56.2%) of factors related to mental health issues; 17.6% to relational issues; 11.9% to environmental issues; 10.1% to procedural issues; 4.1% to Medical issues.

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 2015-2024 '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 2021:

- Expansion and commencement of data collection in County Kerry.
- Preparation of a peer reviewed paper based on real-time suicide surveillance systems (under revision at Archives of Suicide Research).
- Preparation of a peer reviewed paper on the development of an interactive dashboard for the SSHO (under review at Frontiers for Digital Health)
- SSHO data was used to inform briefings requested by the Department of Health and the HSE NOSP on deaths by suspected suicide during the COVID-19 pandemic.
- SSHO data used in multiple instances to validate unverified media reports of contagion.
- SSHO facilitated the implementation of suicide prevention measures aimed at restricting access to means at locations where individuals frequently take their lives.

Personnel Involved:

National Suicide Research Foundation: Ms. Ruth Benson, Prof Ella Arensman, Dr Paul Corcoran, Ms Eileen Williamson, Mr Niall McTernan.

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

Health Service Executive: Mr. Martin Ryan, Mr. Donagh Hennebry.

The Coroners' Society of Ireland: Mr. Frank O'Connell, Dr. Michael Kennedy, Ms. Helen Lucey, Ms. Aisling O'Sullivan-Quilter.

University College Cork: Prof. Colin Bradley, Prof Eugene Cassidy.

Publications in 2021:

- **Benson R, McTernan N, Ryan F, Arensman E.** [Suicide clustering and contagion: The role of the media.](#) *Suicidologi.* 2021 Dec 21;26(2).
- **Arensman E, Benson R.** [Findings from the Suicide and Self-Harm Observatory during the COVID-19 Pandemic.](#) Briefing, 14th April 2021.

Presentations/workshops related to project in 2021:

- **Arensman E.** International trends in suicide during COVID-19 and the importance of access to real-time suicide mortality data. Seminar IIMHL for Clinical Leadership (virtual), 11th February 2021.
- **Arensman E, Benson R, Williamson E.** Proposal for the implementation of a National Suicide Observatory in Ireland. Presentation for the National Office for Suicide Prevention, Dublin (virtual), 14th April 2021.
- **Arensman E, Benson R.** Upscaling and Implementation of the Suicide and Self-Harm Observatory. Presentation for Resource Officers for Suicide Prevention, Sligo (virtual), May 2021.
- **Arensman E.** Surveillance data as a key enabler of suicide prevention. Policy Seminar Department of Health, 9th September 2021 (virtual).
- **Arensman E, Benson R, Hill N, Robinson J.** Workshop on core components and requirements for the detection and prevention of suicide and self-harm clusters and suicide contagion at the 31st World Congress of International Association for Suicide Prevention (virtual event), held on 21-24th September 2021, Gold Coast, Australia.
- **Arensman E.** Symposium Chair: Real-time surveillance of suicide mortality data: comparing systems from different countries. International Association for Suicide Prevention 31st World Congress 2021, 21st to 24th September 2021 (virtual).
- **Arensman E.** Establishing and maintaining suicide and self-harm surveillance in low- and middle-income countries. Suicide and self-harm prevention in the Western Pacific Region, Griffith University, Australia, 2nd December 2021 (virtual).

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 for 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 2021:

- At the request of WHO, the NSRF continued to coordinate 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:
 - In 2021, priority areas included standardization and consolidation, including the implementation of standard operating procedures in three regions to improve quality and consistency, and the development of a facilitators guide. Current proposal to upscale the system in other regions under consideration. This work programme was completed in 2021.
- At the request of the WHO, the NSRF supported the development of a self-harm surveillance system in two pilot regions in Kazakhstan: Kostanay and Turkistan.
- Since August 2021, the NSRF is providing technical support for the establishment of self-harm surveillance systems in Guyana, Suriname and Trinidad Tobago in collaboration with the PAHO/ WHO Office in Washington. Phase 1 was completed in December 2021.
- At the request of the WHO, the Ministry of Health and the Institute of Psychiatry and Neurology (IPIN) the NSRF provided technical assistance for introducing a surveillance system in Poland:
 - In November 2021, the NSRF provided support in preparing an APW to provide expert advice to national partners on the practicalities of the establishment and start of the pilot implementation of a Multi-centre self-harm surveillance system in a pilot region.
- At the request of WHO, in May 2021 the NSRF completed a review of the draft National Suicide Prevention Strategy for Palestine and contributed to a Webinar involving key stakeholders in Palestine.
- At the request of WHO, the NSRF responded to multiple requests for information and advice concerning resources relating to suicide prevention and data and publications relating to the mental health impacts of COVID-19.

Personnel Involved:

Prof Ella Arensman, Dr Eve Griffin, Ms Eileen Williamson, Mr Niall McTernan, Ms Ruth Benson, Dr Isabela Troya.

Publications in 2021:

- Pirkis J, John A, Shin S, DelPozo-Banos M, Arya V, Analuisa-Aguilar P, **Arensman E** et al. [Suicide trends in the early months of the COVID-19 pandemic: an interrupted time-series analysis of preliminary data from 21 countries](#). *Lancet Psychiatry*, 8;7:579-588
- At the request of WHO, the NSRF's WHOCC contributed to the development and consultation process for 'LIVE LIFE Implementation guide for suicide prevention in countries' which was launched in June 2021.

Presentations/workshops related to project in 2021:

- **Arensman E, Griffin E.** Training workshop to enhance surveillance of hospital presented self-harm in Kazakhstan: Kostanay and Turkistan. August 24th, 2021.
- **Arensman E.** Fleischmann A, Platt S. National Suicide Prevention Strategies Workshop. 31st World Congress of the International Association for Suicide Prevention, September 22nd, 2021.
- **Arensman E.** Self-harm trends during COVID-19. 31st World Congress of the International Association for Suicide Prevention, September 22nd, 2021.
- **Arensman E.** Integration of Child and Adolescent Mental Health into the Global Sustainable Development Agenda: Strategies to Achieving Universal Health Coverage. III Congress on Mental Health, October 8th, 2021.
- **Arensman E.** Preventing Self-Harm and Suicide in Young People: Challenges and Progress. III Congress on Mental Health, October 8th, 2021.
- **Arensman E, Williamson E, McTernan N, Griffin E, Ryan F, Benson R.** National Suicide Research Foundation: WHO Collaborating Centre for Surveillance and Research in Suicide Prevention. Poster Presentation: First Regional Meeting of the World Health Organisation Collaborating Centres. November 2nd & 3rd 2021.
- **Arensman E, Benson R.** Training workshops on developing and implementing self-harm surveillance systems in Guyana, Suriname and Trinidad Tobago. November 30th & December 16th, 2021.
- **Arensman E.** Progress of the multi-centre self-harm surveillance system in Russia: Standardisation, consolidation and coordinating first publication. December 14th, 2021.

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 (COVID19 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 were assessed, as well as social wellbeing and domestic violence.

Project Aims:

- To assess the mental health (specifically depression and anxiety) of individuals in the general population in Ireland during different time periods of the COVID-19 pandemic.
- To assess the extent of and levels of domestic violence experienced by individuals in the general population in Ireland during different time periods of the COVID-19 pandemic.

Key Deliverables and Outcomes in 2021:

- Applied and successfully obtained funding from the College of Medicine and Health, UCC to conduct a fourth wave of data collection in March 2021, the aim of which was to evaluate the medium-term effects (1-year since the start of the pandemic) of COVID-19 on individuals' mental health and wellbeing.
- Final wave of data collection completed in March 2021.

Personnel Involved:

National Suicide Research Foundation and School of Public Health, University College Cork: Prof Ella Arensman, Dr Mary Joyce, Dr Isabela Troya.

School of Public Health, University College Cork: Prof Ivan Perry, Dr Ali Khashan, Prof Patricia Kearney, Dr Claire Buckley, Dr Eilis O'Reilly.

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 2021:

- **Troya MI, Joyce M, Khashan A, Arensman E** et al. [Mental health following an initial period of COVID-19 restrictions: findings from a cross-sectional survey in the Republic of Ireland](#) [version 1; peer review: 1 approved]. HRB Open Res 2021, 4:130
- Ni Bhuachalla C. COVID-19 pandemic and self-reported domestic violence in Ireland: a national survey, September 2021.

Presentations/workshops related to project in 2021:

- **Troya I.** Mental health and wellbeing following an initial period of COVID-19 restrictions: findings from a cross-sectional survey in the Republic of Ireland. 18th Psychology Health and Medicine Conference. May 14th, 2021.
- **Joyce M.** Impact of COVID-19 public health measures on mental health and wellbeing in Ireland: a national household survey. 28th British Isles Research Workshop on Suicide and Self-Harm & The Lancet Psychiatry Suicide Symposium. October 11th, 2021.
- **Arensman E.** Mental health in the general population over 1 year of the COVID-19 pandemic: findings from Ireland. European Public Health Conference. November 10th, 2021.

Strategic Research Cluster Two

Programme Evaluation

- National Dialectical Behaviour Therapy Project Ireland
- Open Dialogue Project
- 50808 Project
- Evaluation of the ICGP Training
- Evaluation of the Suicide Bereavement Liaison Officer Service
- HSE Bereavement Counselling Service for Traumatic Deaths in South East Community Healthcare: A review of the operation of the service

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 2021 the HSE National DBT Training team, funded by the Department of Health and NOSP, was recruited to begin the rollout of the National DBT training programme, in line with Sharing the Vision 2020, Connecting for Life 2015 and the HSE Operational Plan 2021. In September 2021, two Research Officers joined the team to oversee the evaluation of the training model. Work commenced on planning for clinician and client evaluation.

Project Aims:

- To ensure the sustainability and long-term implementation of DBT in Ireland.
- To ensure quality and effectiveness of interventions for the target client population.
- To assess the acceptability of the training model.
- To measure attitudinal change among staff towards the target client population.
- To evaluate the economic feasibility of the training model.

Key Deliverables and Outcomes in 2021:

- Recruitment of the National DBT Training team training staff.
- Organisation and delivery of new DBT training model.
- Expansion of the research team.
- Submission of ethics applications in line with the evaluation of the training model.

Personnel Involved:

Ms Louise Dunne, Ms Justina Hurley, Dr Mary Joyce, Ms Stephanie Wall, Ms Emily Boylan.

Publications in 2021:

- Flynn, D., Kells, M. & Joyce, M. (2021). [Dialectical behaviour therapy: implementation of an evidence-based intervention for borderline personality disorder in public health systems](#). *Current Opinion in Psychology*, 37, 152-157.

Presentations/workshops related to project in 2021:

- **Boylan, E. & Wall, Stephanie.** (November 11th & 12th 2021). Research and Evaluation Programme of the National DBT Training Team. The National DBT Training Team [Symposia Professional Presentation]. Psychological Society of Ireland Annual Conference. Online.
- DBT Module 1 Training (Introduction to DBT) delivered to 139 healthcare staff, 29th September.
- DBT Module 2 Training (Applying DBT Principles in Healthcare Settings) delivered to 123 healthcare staff, 20th October.
- Family Connections Training delivered to 150 people, 7th – 9th April.
- Presentation to HSE Mental Health Service Managers to begin establishment of new CHO based DBT steering groups, 19th November.

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 2021:

- Ethical approvals obtained for all surveys.
- Completion of online Surveys among Mental Health Professionals/Service Users/Service Users Family/Social Network.

- Online focus group interviews completed.
- Data entry and data analysis completed.
- Preparation of a summary report to the HSE, and other relevant stakeholders, and findings prepared for publishing in peer-related journals (In progress).

Key Personnel:

National Suicide Research Foundation: Ms Nora Conway, Professor Ella Arensman, Ms Eileen Williamson.

Health Service Executive: Dr Iseult Twamley, Dr Edgar Lonergan.

University College Cork: Dr Maria Dempsey.

An analysis of '50808' 24/7 Crisis Text Service anonymised texter data

This study is a collaboration between the National Suicide Research Foundation and 50808. The study will analyse pre-existing and routinely collected aggregate data associated with individual text conversations over a 15-month period: June 2020 to August 2021. The study will not include pseudonymised conversation content data (either transcripts or keywords).

Ethical approval was granted by the UCC Social Research Ethics Committee in March 2021.

The findings of this first analysis of aggregate 50808 texter data may be used to shape future service delivery, to inform public policy and to facilitate a deeper understanding of mental health needs in Ireland.

Project Aims:

- Explore the profile of texters in terms of demographics, time and date of text conversations and presenting issues.
- Explore the connection between presenting issues and engagement of the 'active rescue' protocol.
- Prepare a short report and a peer-reviewed paper (2022).

Key Deliverables and Outcomes in 2021:

- Ethical Approval granted.
- Data analysis commenced.

Personnel Involved:

National Suicide Research Foundation: Ms Fenella Ryan, Mr Niall McTernan, Dr Paul Corcoran.

50808: Ian Power, Simon Jones.

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 a fuller understanding of suicidal behaviour and the practical steps to take toward suicide mitigation.

Key Deliverables and Outcomes in 2021:

- Ethical Approval (April 2021).

Personnel Involved:

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

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

National Office for Suicide Prevention:
Prof Philip Dodd.

Evaluation of the Suicide Bereavement Liaison Officer Service

Since 2016, the HSE NOSP has been funding Pieta to deliver a suicide bereavement support service, the SBLO service. The service was formerly delivered by Console. Suicide Bereavement Liaison Officers (SBLOs) are professionally trained Pieta therapists that are mobile. They support families and communities in the immediate aftermath of a death by suicide to ensure that they have access to practical and emotional supports. Thus, their role is to support, sign-post and connect families with service providers when needed. This study involved an evaluation of the initial implementation of the SBLO service in order to identify lessons learned to inform service improvement and potential scale-up of the service nationally.

Project Aims:

The study aims are as follows:

- To present the Logic Model that describes the theory of change underpinning the Suicide Bereavement Liaison Service.
- To analyse the data obtained from records made in Salesforce by each of the SBLOs and these data provide an overview of the clientele accessing the service.
- To analyse data that were obtained on the day-to-day running of the services from internal reports recorded by SBL Management.
- To present findings from a survey with clients on their experience of liaising with the service.
- To present findings from a survey with Family Liaison Officers on their knowledge and experience of the service.

- To present findings from interviews with SBLOs in Pieta and Resource Officers for Suicide Prevention in HSE who were in employment in October 2020 were invited to participate in semi-structured/qualitative interviews. Interviews were guided by exploring the following topic areas: (1) definition of the role; (2) training; (3) benefits for clients; (4) challenges they face; and (5) relationship with Resource Officers for Suicide Prevention.

Key Deliverables and Outcomes in 2021:

- Logic Model (September 2021)
- Final Report (September 2021)

Personnel Involved

National Suicide Research Foundation: Dr Paul Corcoran, Ms Doireann Ní Dhálaigh, Dr Clíodhna O'Brien.
National Office for Suicide Prevention: Ms Sarah Woods.

HSE Bereavement Counselling Service for Traumatic Deaths in South East Community Healthcare: A review of the operation of the service

The HSE Bereavement Counselling Service for Traumatic Deaths in the South East Community Healthcare (SECH) has provided counselling support to people bereaved by suicide and other traumatic deaths, including homicide, road traffic accidents, industrial, domestic and agricultural accidents and drowning, since 2006. This service allows health professionals to refer individuals, aged 16 years or over, to receive therapeutic interventions from trained Counsellors working in the area. The service has been in operation for more than 16 years but this is the first formal review of the service to date.

Project Aims:

The aim of this project is to undertake an evaluation of the service. The specific objectives are to evaluate the operation of the service in terms of referrals and clients, pathways and onward referrals and to undertake a cost-benefit analysis. The project involves four key stages including developing a detailed description of the service, a review of an anonymised referral database held by the service, surveys of healthcare professionals in the service region and of Counsellors contracted to the service, along with a cost-benefit analysis of the service.

It is expected that the findings from the project will be published in Q3 2022.

Key Deliverables and Outcomes in 2021:

- Development of project plan and receipt of ethical approval from the Clinical Research Ethics Committee of the Cork Teaching Hospitals (Reference Number: ECM 4 (p) 13/4/2021 & ECM 3 (kk) 07/09/2021).

- Detailed description of service completed (September 2021).
- Analysis of anonymised service referral database to describe the profile and outcomes of clients referred to the service (2016-2020; n=856).
- Anonymised surveys with healthcare professionals in the area of the service and Counsellors contracted to the service (n=52).
- Initial cost-benefit analysis of the service (December 2021).

Personnel Involved:

National Suicide Research Foundation:
Dr Eve Griffin and Dr Selena O'Connell

Health Service Executive:
Tracy Nugent and Mary Weldon

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)

Evidence-based training in the management of self-harm for mental health professionals is limited. SAMAGH is an advanced training programme to improve assessment, management, and support for self-harm patients, with a specific focus on high-risk self-harm and people engaging in frequent self-harm repetition. SAMAGH was developed based on information obtained from two previous studies on specific predictive factors for repeated self-harm and suicide among high-risk groups: SSIS-ACE (Psychological, psychiatric and work-related risk factors associated with suicide in Ireland: a case control study) and IMPRESS (Improving Prediction and Risk Assessment of Self-harm and Suicide: an in-depth interview study). It includes a comprehensive E-learning and simulation training on biopsychosocial assessment and management for high-risk self-harm and major self-harm repeaters. SAMAGH consists of two training components. The first part is an E-Learning programme, where through 8 comprehensive modules, participants will extend their knowledge of self-harm and suicide, focusing on delivering evidence-based treatments for all self-harm patients, but with a focus on the two previously mentioned high-risk groups. The second part of the programme is a two-day face to face (or virtual) intensive training course, including innovative simulation training. The SAMAGH training has been developed by Prof Ella Arensman and an interdisciplinary team. SAMAGH has been CPD accredited by the Irish College of Psychiatrists and An Bord Altranais. The evaluation component of SAMAGH includes a process and outcome evaluation, using pre-test and post-test design and focus group discussion with the participants.

Project Aims:

The SAMAGH evaluation study will address specific objectives:

- Assess the impact of the SAMAGH training for mental health professionals in hospital settings on overall repeated self-harm rates as well as in the two subgroups of high-risk patients.
- Determine whether the SAMAGH training is associated with increased 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 in the assessment and management of self-harm patients.

Key Deliverables and Outcomes in 2021:

SAMAGH is a three-phase study, which includes development, implementation, and evaluation. Currently the study is in its implementation phase. Between 2019 and 2021, SAMAGH has been delivered to over 35 healthcare professionals in Ireland, including Clinical Nurse Specialists, Non-consultant hospital doctors.

- Development of SAMAGH programme: Achieved
- Preparation of peer review papers: The study

protocol for WP3 was published in BMC Health Services Research

- Obtain ethical approval (including amendments): Achieved
- Delivery of SAMAGH Training to 5 representative groups of healthcare professionals: Achieved
- Successful funding application – NOSP research grants 2021.
- Data Entry and Data Analysis of the SAMAGH Process Evaluation: Ongoing
- Service Evaluation: Due to Covid-19, there were delays in availing the required data from the public hospitals in Ireland.

Personnel Involved:

National Suicide Research Foundation and University College Cork: Prof Ella Arensman, Dr M. Isabela Troya, Sarah Nicholson, Dr Anvar Sadath, Dr Grace Cully, Ruth Benson, Dr Paul Corcoran, Dr Eve Griffin, Eileen Williamson, Almas Khan, Dr Ana Paula Ramos Costa, Karen Mulcahy.

University College Cork: Dr Frances Shiely, Prof John Browne.

Health Research Board Clinical Research Facility-Cork, University College Cork: Prof Joe Eustace.

National Clinical Programme for Self-Harm and Suicide Related Ideation (NCPSHSI): Dr Anne Jeffers.

Maynooth University: Prof Jan Rigby.

Cork University Hospital: Prof Eugene Cassidy.

Publications in 2021:

- Evaluating the Self-harm Assessment and Management for General Hospitals (SAMAGH) Training Programme: findings from a focus group study – Manuscript completed.

Presentations/workshops related to project in 2021

- **Troya Ml.** Developing the Self-Harm Assessment & Management for General Hospitals (SAMAGH) Training Programme. Poster presented in Faculty of Public Health Medicine Summer Scientific (virtual conference) by Royal College of Physicians of Ireland, between May 26 and 27, 2021.
- **Arensman E.** Improving Assessment and Management of Self-Harm in the General Hospital Setting (SAMAGH), Masterclass – NSRF World Mental Health Day Seminar, October 2021.

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 2021:

- Receipt of ethical approval from the Clinical Research Ethics Committee of the Cork Teaching Hospitals (Reference Number: ECM 4 (h) 11/5/2021 & ECM 3 (t) 06/07/2021).
- Publication of study protocol for the primary study – evaluating the impact and implementation of the National Clinical Programme for Self-harm (NCP-SH).
- Publication of a protocol for 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.
- Development of study to establish risk of suicide following self-harm via a national linkage study between National Self-Harm Registry Ireland (NSHRI) and the Irish Suicide Information Database (ISID).

Personnel Involved:

Principal investigator: Dr Eve Griffin

Post-doctoral Researchers: Dr Eimear Ruane-McAteer, Dr Grace Cully.

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

Publications in 2021:

- **Griffin E**, McHugh S, Jeffers A, Gunnell D, **Arensman E**, Perry IJ, **Cully G**, McElroy B, Maxwell M, Chang, SS, Ruane-McAteer E, **Corcoran P**. [Evaluation of the impact and implementation of a national clinical programme for the management of self-harm in hospital emergency departments: study protocol for a natural experiment](#). BMJ Open. doi: 10.1136/bmjopen-2021-055962.
- Ruane-McAteer E, **Corcoran P**, Browne J, **Hurstyn P**, **Griffin E**. [Study designs and outcomes used in evaluation studies of hospital-presenting self-harm: protocol for a methodological systematic review](#). BMJ Open. doi: 10.1136/bmjopen-2020-044993.
- Birchall E, Perry IJ, **Corcoran P**, **Daly C**, **Griffin E**. 2021. [The impact of guidance on the supply of codeine-containing products on their use in intentional drug overdose: a retrospective national study](#). European Journal of Public Health. doi: 10.1093/eurpub/ckab082.

Presentations/workshops related to project in 2021:

- **Griffin E**. Factors explaining variation in recommended care pathways following hospital-presenting self-harm: a multilevel national registry study. Health Services Research UK Conference, July 2021 [Online Oral Presentation].
- McElroy B, **Corcoran P**, **Griffin E**. The hospital costs of self-harm in Ireland. UK HealthEconomics Association Winter Meeting, January 2021 [Online Poster Presentation].

Self-Harm and Suicide Awareness (SHARE)

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 an 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 2021:

- Completion of online versions of training materials for first responders.

- Online training workshop with National Ambulance Staff.
- No cost extension related to COVID-19 granted by HRB KEDS.
- Successful application for funding from the HEA COVID-19 funding call.

Personnel Involved:

National Suicide Research Foundation/ School of Public Health UCC: Prof. Ella Arensman, Eunice Phillip, Ms Karen Mulcahy.

Health Service Executive: Helena Cogan, Martin Ryan.

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 2021:

Project commenced in April 2021.

- Established Steering Group for first region, Cork Kerry Alliance Against Depression (Autumn, 2021).
- Contact with additional regions (Ongoing).
- Held first Steering Group Meeting for Cork Kerry Alliance Against Depression (November 2nd, 2021).
- Revision and adaptation of EAAD-Best materials to Ireland context (Ongoing).
- iFightDepression Tool Recruitment for Guides and Implementation (Ongoing).

Publications in 2021

- EAAD-Best Press Release, 12th April 2021.

Personnel Involved

National Suicide Research Foundation: Prof Ella Arensman, Ms Eileen Williamson, Dr Grace Cully, Mr Niall McTernan, Dr Mallorie Leduc, Ms Almas Khan, Ms Eileen Hegarty.

Presentations/workshops related to project in 2021

- *Individual Stakeholder Presentations:*
 - Cork Kerry Alliance Against Depression Steering Group
 - Additional Regional Alliances Against Depression Steering Group
 - iFightDepression Guide Recruitment and Implementation
- *Presentations:*
 - Cully, G & Arensman, E. (2021) EAAD-Best Adapting and Implementing EAAD's Best Practice Model to Improve Depression Care and Prevent Suicidal Behaviour in Europe. NSRF Research Meeting. September 7, 2021.
 - Cully, G & Arensman, E. (2021) Cork Kerry Alliance Against Depression Steering Group Meeting. November 2nd, 2021.
- *Workshops:*
 - Cully, G & Arensman, E. (2021) Increasing Awareness of Depression and Suicide. World Suicide Prevention Day 2021.

Strategic Research Cluster Four

Suicide and Self-Harm among 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 2021:

- Study examining risk factors for suicide part of the Suicide Support and Information System Case Control study (SSIS ACE) study completed. Manuscript submitted to a high impact peer-reviewed journal.
- Work carried out on a national cohort study to quantify risk of suicide following self-harm. Manuscript in draft.
- Work commenced as co-applicant on NOSP funded study "The Role of Humiliation in Suicidality in Ireland's Youth. A Mixed Method Study. Manuscript under review.

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, Professor Danuta Wasserman, Dr Sheena McHugh.

Publications in 2021:

- Healy C, Staines L, **Corcoran P**, Keeley H, Coughlan H, **McMahon E**, Cotter P, Kelleher I, Wasserman D, Cannon M. Evidence that a school-based intervention is effective in preventing psychotic experiences in adolescents: data from a cluster-randomised controlled trial. Under review.
- **McMahon E**, Greiner B, Corcoran P, Larkin C, Cassidy E, Bradley C, Leitao S, McAuliffe C, McCarthy J, **Williamson E**, Foster T, Gallagher J, Perry I, Kapur N, **Arensman E**. Psycho-social and psychiatric factors preceding death by suicide: a case-control psychological autopsy study involving multiple data sources. Under review.
- McLoughlin A, **Sadath A**, **McMahon E**, **Kavalidou K**, Malone, K. Associations between Humiliation, Shame and Suicidal Behaviours among Adolescents and Young Adults: A Systematic Review. Under review.
- **Griffin E**, **Corcoran P**, **Arensman E**, **Kavalidou K**, **McMahon E**. Suicide risk following hospital-presenting self-harm in Ireland: A national cohort study. In draft.

Presentations/workshops related to project in 2021:

- **McMahon E**. "Mental Health Promotion in Children and Adolescents". Lecture 16th November 2021.
- **McMahon E**. "Suicide Prevention in Children and Adolescents" NSRF World Mental Health Day Seminar 18th October 2021.

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 2021:

- Data entry and data cleaning 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.

Publications in 2021:

- **Troya MI, Cully G,** Leahy D, Cassidy E, **Sadath A, Nicholson S,** Ramos Costa AP, Alberdi-Paramo I, Jeffers A, Shiely F, **Arensman E.** Investigating the relationship between childhood sexual abuse, self-harm repetition and suicidal intent: mixed-methods study. *BJPsych Open* , Volume 7 , Issue 4.

Presentations/workshops related to project in 2021:

- **Cully G.** Assessment and aftercare following high-risk self-harm presentations to the emergency department: a mixed methods study. Poster presentation. International Association for Suicide Prevention 31st World Congress 2021, 21st to 24th September 2021 (virtual). Winning Poster.
- **Arensman E.** Investigating the relationship between childhood sexual abuse, self-harm repetition and suicidal intent: mixed-methods study. Presentation at the 31st World Congress 2021, 21st to 24th September 2021 (virtual).
- **Sadath A.** Comorbid Physical and Mental Disorders among Self-harm Major Repeaters: A Mixed-Methods Sequential Study. Presentation at the 31st World Congress 2021, 21st to 24th September 2021 (virtual).

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 2021:

- Ethical Approval (May 2021).
- Data Sharing Agreement (May 2021).

Personnel Involved:

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

Mental Health Commission: Gary Kiernan, Daniel Costigan.

HSE: Derek Chambers.

National Office for Suicide Prevention: Prof 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)

Depression and anxiety are the most prevalent mental health difficulties in the EU, causing immense suffering and costing the global economy EUR 1 trillion each year in lost productivity. Employees in construction, health and information and communications technology have an elevated risk of mental health difficulties. Most mental health interventions for the workplace have been targeted at larger companies and small and medium-sized enterprises (SMEs) are often overlooked despite most people being employed in SMEs. The MENTUPP intervention aims to improve mental health and wellbeing and reduce depression, anxiety, and suicidal behaviour. The MENTUPP project involves the development, implementation, and evaluation of a multilevel intervention targeting both clinical and non-clinical mental health issues and combating the stigma of mental (ill-)health, with a specific focus on SMEs.

Project Aims:

- The primary aim of the MENTUPP intervention is to improve mental health in the workplace, with a secondary aim to reduce depression and suicidal behaviour.

Key Deliverables and Outcomes in 2021:

- Pilot Study Ethics (Month 13, Jan 2021).
- Recruit SMEs in Construction in Ireland for the purposes of the Pilot study (Month 15, March 2021).
- Start of Pilot Intervention (Month 17, May 2021).
- Completion of the Pilot Study (Month 24, Dec 2021).
- Deliverable 7.3 Report – Recommendation for optimisation of the MENTUPP intervention and implementation (Month 25, Jan 2022).
- Planning for the cRCT (Ongoing).

Personnel Involved:

National Suicide Research Foundation and University College Cork: Prof Ella Arensman, Dr Paul Corcoran, Ms Eileen Williamson, Dr Eve Griffin, Ms Karen Mulcahy, Dr Mallorie Leduc, Dr Clíodhna O'Brien, Ms Doireann Ní Dhálaigh.

University College Cork: Dr Birgit Greiner, Dr Caleb Leduc.

Pintail: Ms Grace Davey.

Publications in 2021:

- *WP5 Systematic Review Protocol:*
 - 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 2021 Jan 28;10(1):41. doi: 10.1186/s13643-020-01570-9.

• *WP3 Systematic Review:*

- Hogg B, Medina J.C, 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. and MENTUPP Consortium. *Workplace Interventions to Reduce Depression and Anxiety in Small and Medium-Sized Enterprises: A Systematic Review*. Journal of Affective Disorders. 2021. Jul 1;290:378-386. doi: 10.1016/j.jad.2021.04.071.

• *WP7: MENTUPP Pilot Study – Protocol paper:*

- **Arensman E**, **O'Connor C**, **Leduc C**, **Griffin E**, **Cully G**, **Ní Dhálaigh D**, Holland C, Van Audenhove C, Coppens E, Tsantila F, Ross V, Aust B, Pashoja AC, Cresswell-Smith J, Cox L, de Winter L, Fanaj N, **Corcoran P**, et al. *Mental Health Promotion and Intervention in Occupational Settings: Protocol for a Pilot Study of the MENTUPP Intervention*. Int. J. Environ. Res. Public Health 2022, 19, 947. <https://doi.org/10.3390/ijerph19020947>

Presentations/workshops related to project in 2021:

- *Conference Presentations:*
 - **Arensman E.** & MENTUPP Consortium. (21-24 September 2021). An overview of the MENTUPP programme design, implementation and evaluation. International Association for Suicide Prevention's 31st World Congress, Gold Coast, Queensland, Australia.
 - Hogg B, Medina J.C, Gardoki-Souto I, Serbanescu I, Moreno-Alcazar, A, Cerga-Pashoja A, Coppens E, Toth M.D, Fanaj N, Greiner B, Holland C, Kölves K, Maxwell M, Qirjako G, de Winter L, Hegerl U, Perez-Sola V, **Arensman E**, & Amann B.L. (21-24 September 2021). Workplace interventions to reduce depression and anxiety in small and medium-sized enterprises: a systematic review. International Association for Suicide Prevention's 31st World Congress, Gold Coast, Queensland, Australia.

- Paterson C, **Leduc C**, Maxwell M, Aust B, Amann B, Cerga-Pashoja A, Coppens E, Couwenbergh C, **O'Connor C**, **Arensman E**, & Greiner B. (21-24 September 2021). Factors influencing successful implementation of a workplace mental health intervention: interim results. International Association for Suicide Prevention's 31st World Congress, Gold Coast, Queensland, Australia.
- Cerga-Pashoja A, Coppens E, Hegerl U, Aust B, Cresswell Smith J, Fanaj N, Greiner B, **Griffin E**, Doukani A, Hogg B, Maxwell M, Tsantila F, Qirjako G, Toth M, de Winter L, & **Arensman E**. (21-24 September 2021). The prominence of mental health at the workplace during the Covid-19 pandemic: A global stakeholder survey. International Association for Suicide Prevention's 31st World Congress, Gold Coast, Queensland, Australia.
- *Other Presentations:*
 - O'Connor C, Leduc C, Greiner B, Corcoran P, Williamson E, Griffin E, Mulcahy K, Ni Dhalaigh D, Arensman E, & MENTUPP Consortium. (October 11-12, 2021). Mental health promotion and suicide prevention in the workplace (MENTUPP). Lancet Symposium and British Isles Workshop, Oxford, UK, Online Presentation.
 - Leduc C. & O'Connor C. (September 10, 2021). The MENTUPP Project: Prioritising mental health in the workplace. World Suicide Prevention Day Webinar: Suicide Prevention among Priority Groups, National Suicide Research Foundation, Online Presentation.

Strategic Research Cluster Seven

Bereavement following Suicide

- National Suicide Bereavement Survey
- Profile and outcomes of individuals attending a suicide bereavement peer-support group

Experiences of supports for suicide bereavement in Ireland: A national survey

This project is funded under the HSE National Office for Suicide Prevention (NOSP) collaborative grant scheme. This is the first large-scale national study of people bereaved by suicide in Ireland. This project is a collaboration between National Suicide Research Foundation and Healing Untold Grief Groups (HUGG). The study commenced in May 2021 and is funded until June 2022.

Project Aims:

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

- (1) Examine the profile, characteristics and psychosocial wellbeing of adults bereaved or affected by suicide in Ireland.
- (2) Determine the types of suicide bereavement supports - both informal and formal - utilised by adults in Ireland.
- (3) Examine the experiences of receiving or engaging with supports, the associated barriers and facilitators, and the perceived gaps and unmet needs in postvention supports.

This study will provide a better understanding of the psychosocial and mental health impacts of suicide bereavement in Ireland; insight into the range of informal and formal supports accessed in Ireland; identification of unmet needs and challenges of accessing appropriate and timely supports; and

contributing to general population awareness of the impacts of suicide. This project will provide vital information to address Connecting for Life actions to improve supports for people bereaved by suicide.

Key Deliverables and Outcomes in 2021:

- Receipt of ethical approval from the Clinical Research Ethics Committee of the Cork Teaching Hospitals (Reference Number: ECM 4 (j) 10/8/2021 & ECM 3 (rr) 07/09/2021).
- Online survey launched alongside survey informational webpage and video (October 2021).
- Dissemination of survey via service organisations and social media (October-December 2021).

A survey of people bereaved or affected by loss to suicide was launched in October 2021. A webpage was created to provide information on the survey. A dissemination campaign commenced in October 2021 involving social media and dissemination via

organisations providing suicide bereavement supports, advocacy groups, mental health charities and other gatekeeper organisations. By December 2021, over 1,500 people had participated in the survey.

Personnel Involved:

NSRF: Dr Eve Griffin, Dr Selena O'Connell, Dr Clíodhna O'Brien, Dr Caroline Daly, Ms Almas Khan, Professor Ella Arensman.

HUGG: Ms Fiona Tuomey, Ms Laura McDonnell, Mr Adam Grennan.

Publications in 2021:

- **O'Connell S, Ruane-McAteer E, Daly C, O'Connor C, Tuomey F, McDonnell L, Arensman E, Andriessen K. & Griffin E.** (2022). [Exploring experiences of supports for suicide bereavement in Ireland: protocol for a national survey](#) [version 2; peer review: 2 approved]. HRB Open Research 2022, 4, 114.

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. This project is funded by the Irish Research Council's New Foundations Award scheme (from February 2021 – May 2022) and a Health Research Board Summer Scholarship award (May-August 2021).

Project Aims:

Using a mixed methods approach using both surveys and semi-structured interviews, 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.
- Explore, via focus groups, group facilitators' experiences of holding groups 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 2021:

- Complete cross-sectional survey of HUGG members (June 2021) and analysis (October 2021).
- Complete follow-up surveys of new members and analysis of changes from baseline to follow-up (December 2021).
- Commencement of interview study (September 2021).

A survey of 75 members of the HUGG groups was completed and analysed. New members were asked to complete a baseline survey before participating in groups and were surveyed again at three and six months, with 28 of 52 (54%) eligible participants completing follow-up surveys. Semi-structured interviews were conducted with individuals participating in the peer-support groups (n=12) to 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.

Presentations in 2021:

- **Griffin E.** A study of the profile and outcomes of individuals attending a suicide bereavement peer-support group. Psychology, Health and Medicine Conference, May 2021 [Online Poster Presentation].
- **Griffin E.** A study of the profile and outcomes of individuals attending a suicide bereavement peer-support group. International Association for Suicide Prevention Conference, September 2021 [Online Oral Presentation].
- **O'Connell S.** Experiences of a peer support group for individuals bereaved by suicide in Ireland. National Suicide Research Foundation World Mental Health Day Seminar, October 2021 [Online Oral Presentation].

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 (Niederkerotenthaler et al 2010). This project commenced in 2019 and relates to *Connecting for Life* Strategic Goal 1.4: *Engage and work collaboratively with the media in relation to media guidelines, tools and training programmes to improve the reporting of suicidal behaviour within broadcast, print and online media.*

Project Aims:

- Engage and work collaboratively with the media in relation to media guidelines for reporting suicide.
- Engage with online platforms to encourage best practice in reporting around suicidal behaviour and work with stakeholders to explore ways of restricting access to sites that primarily exist to promote suicide or self-harm.
- 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.

Key Deliverables and Outcomes in 2021:

- NSRF prepared and shared briefing documents on Murder-suicide and media reporting with key CfL partners (February 26th & September 8th, 2021).
- NSRF published a peer-reviewed paper on the role of the media in suicide clustering and contagion (December 2021).

Personnel Involved:

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

Publications in 2021:

- **Benson R, McTernan, Ryan F, Arensman E.** [Suicide clustering and contagion: The role of the media.](#) *Suicidologi.* 26(2).

Presentations/workshops related to project in 2021:

- **Ryan F.** The Harmful Impact of Suicide and Self-Harm Content Online: A Review of the Literature. 1st Annual Suicide & Self-Harm Research Workshop, May 27th, 2021.
- **McTernan N.** The Harmful Impact of Suicide and Self-Harm Content Online: A Review of the Literature. 31st World Congress of the International Association for Suicide Prevention, September 22nd, 2021.

Strategic Research Cluster Nine

Restricting access to Lethal Means

- Working Group: Preventing Paracetamol-Related Intentional Drug Overdose

Working Group: Preventing Paracetamol-Related Intentional Drug Overdose

This multidisciplinary Working Group (WG) has representations from the Department of Health, the HSE National Office for Suicide Prevention (NOSP), the Health Products Regulatory Authority (HPRA), the National Suicide Research Foundation (NSRF), the Irish Pharmacy Union (IPU), the Pharmaceutical Society of Ireland (PSI) and Retail Excellence Ireland (REI). The current objectives of the WG relate to enhancing information and support training development for pharmacy and non-pharmacy retail sector staff, collaborating on preventative interventions, and support interventions required following market surveillance work regarding paracetamol sales legislation. Evaluation is a core component of the WG and is integrated into the lifecycle of the group.

Project Aims:

- The aim of this WG is to collaborate on actions to prevent paracetamol-related intentional drug overdose by optimising adherence to existing legislation limiting access to paracetamol.
- Specifically, this WG will support Action 6.1.2 of CfL: Continue improvements in adherence to the legislation limiting access to paracetamol through raising awareness amongst retailers and the public and the use of point-of-sale systems. Lead: Department of Health.

Key Deliverables and Outcomes in 2021:

In 2021 the WG produced the following deliverables:

- Agreed a Terms of Reference (ToR).
- Drafted new educational materials relating to paracetamol legislation for the retail sector.
- Collated additional materials from the pharmacy and retail sectors for optimisation.
- Initiated a detailed 3-year work plan detailing a collection of WG actions.
- Delivered presentations on the WG and literature relating to paracetamol overdose to key stakeholder groups.
- Assisted with the roll out of a regional Dispose of Unused Medicines Properly (DUMP) Campaign.

Personnel Involved:

National Suicide Research Foundation: Dr Caroline Daly, Prof Ella Arensman.

National Office for Suicide Prevention: Dr Philip Dodd.

Presentations/workshops related to project in 2021:

Five multidisciplinary Working Group meetings/workshops were held in 2021.

In addition, the work of this WG was presented at the below meetings:

- C-SSHRI Workshop. November 30th, online.
- National Office for Suicide Prevention Service Meeting with the National Suicide Research Foundation, November 30th, online.
- NSRF Resource Officer for Suicide Prevention Workshop. November 23rd, online.
- IASP 31 World Congress, September 21st-24th, online.
- 18th Psychology Health and Medicine Conference, May 13th, online.

Strategic Research Cluster Ten

Other

- C-SSHRI: Connecting Suicide and Self-Harm Researchers on the island of Ireland
- Mental Health of Veterinary Professionals Survey
- Development of national undergraduate curriculum in suicide prevention

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, the Higher Education Authority and the National Office for Suicide Prevention) are committed to co-ordinating and streamlining self-harm and suicide-related research completed on the island of Ireland.

C-SSHRI will source relevant publications, develop a research repository, establish a network of suicide and self-harm researchers and organise annual workshops and seminars to facilitate collaboration.

Funding was gratefully received from the Higher Education Authority for 2021.

Project Aims:

- Conduct an investigation of literature related to suicide and self-harm research published on the island of Ireland.
- Identify all suicide and self-harm researchers on the island of Ireland and invite them to join the new C-SSHRI Network.
- Host initial get-together of C-SSHRI members.
- Host Research Workshop and Seminar.

Key Deliverables and Outcomes in 2021:

- Systematic Investigation of Research on Suicide and Self-Harm by Researchers on the Island of Ireland since 2015 (Published March 2021).
- First Annual Suicide and Self-Harm Research Workshop (May 2021).
- Suicide, Self-Harm and Mental Health Seminar (October 2021).
- First C-SSHRI member get-together (November 2021).
- C-SSHRI website build commenced.
- Application submitted to HEA for 2022 funding.

Personnel Involved:

National Suicide Research Foundation: Fenella Ryan, Dr Clíodhna O'Connor, Doireann Ní Dhálaigh, Eileen Williamson, Prof Ella Arensman, Dr Mary Joyce.

National Office for Suicide Prevention: Sarah Woods, Anita Munnally.

Higher Education Authority: Tim Conlon, Dr Deirdre Quinn.

Publications in 2021:

- Report: Systematic Investigation of Research on Suicide and Self-Harm by Researchers on the Island of Ireland since 2015 (March 2021).

Mental Health of Veterinary Professionals Survey

This study presents findings from an online survey completed by veterinary professionals, both vets and vet nurses registered to practise in Ireland in April 2021. The Veterinary Council of Ireland (VCI) commissioned this research report to expand the evidence base on the wellbeing and mental health needs of veterinarian professionals working in Ireland. The survey was co-designed and developed by a small collaborative working group of members and associates of the VCI, HSE NOSP and NSRF.

Project Aims:

The study aims are as follows:

- To expand the evidence base on the wellbeing and mental health needs of veterinarian professionals working in Ireland by conducting an online survey with veterinary professionals in Ireland.

Key Deliverables and Outcomes in 2021:

- Ethical Approval (March 2021)
- Draft Report (December 2021)
- Report published in April 2022

Personnel Involved:

National Suicide Research Foundation: Dr Paul Corcoran, Ms Doireann Ní Dhálaigh, Dr Clíodhna O'Brien
National Office for Suicide Prevention: Prof. Philip Dodd

Publications in 2021:

- O'Brien C, Ní Dhálaigh D, Corcoran P, Dodd P. [Mental Health of Veterinary Professionals in Ireland](#). National Suicide Research Foundation

Development of a National Undergraduate Curriculum in Suicide Prevention: Phase One: feasibility study

This study details the potential for implementing a suicide prevention training curriculum for healthcare undergraduate and postgraduate students in higher education institutions in Ireland. This report seeks to inform Action 5.4.4 of the Connecting for Life (CfL) strategy which recommends the incorporation of suicide prevention training as part of third-level curricula of the relevant professions. This project will involve four phases as outlined by Sinclair et al. (2020). The current project plan refers to Phase 1 of this programme of work which is an exploratory phase to feed into the later design phase (Phase 2), implementation phase (Phase 3) and the monitoring and reviewing phase (Phase 4).

Project Aims:

1. To 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. To review national and international frameworks of core healthcare professional undergraduate and postgraduate programmes for suicide prevention guidelines.
3. To identify relevant professions and to conduct a mapping of relevant degree courses in Ireland.
4. To identify key stakeholders to form a National Steering group for developing and implementing a national curriculum for suicide prevention training for healthcare undergraduate and postgraduate students.

Key Deliverables and Outcomes in 2021:

- Final Report (August 2021).

Personnel Involved:

National Suicide Research Foundation: Dr Paul Corcoran, Ms Doireann Ní Dhálaigh, Dr Clíodhna O'Brien.

National Office for Suicide Prevention: Ms Sarah Woods, Prof. Philip Dodd, Ms Ailish O'Neill.

Publications

Peer Review Papers / Reports / Briefings

Papers published 2021 (n=23)		
Predictive factors of nonfatal self-harm among community-dwelling older adults assessed for support services.	Cheung G, Chai Y, Troya MI , & Luo H.	<i>International Psychogeriatrics</i> , 1-14.
Evaluation of the impact and implementation of a national clinical programme for the management of self-harm in hospital emergency departments: study protocol for a natural experiment.	Griffin E , McHugh SM, Jeffers A, Gunnell D, Arensman E , Perry IJ, Cully G , McElroy B, Maxwell M, Chang SS, Ruane-McAteer E, Corcoran P .	<i>BMJ Open</i> ;11:e055962
Mental Health Symptomatology and Posttraumatic Growth among Those with Multimorbidity in COVID Pandemic: Cross-Sectional Findings from the STRONG Study in Greece.	Kavalidou K , Kotsis K, Laimou D, Panagidou D, Megalakaki O.	<i>Psychiatry Int.</i> , 3, 43-51.
Dialectical behaviour therapy for individuals with borderline personality disorder: A systematic review of outcomes after one year of follow-up	Gillespie C, Murphy M, Joyce M .	<i>Journal of Personality Disorders</i>
Suicide clustering and contagion: The role of the media.	Benson R , McTernan N , Ryan F , Arensman E .	<i>Suicidologi</i> . 26(2)
Factors associated with psychiatric admission and subsequent self-harm repetition: a cohort study of high-risk hospital-presenting self-harm.	Cully G , Corcoran P , Leahy D, Cassidy E, Steeg S, Griffin E , Shiely F, Arensman E .	<i>Journal of Mental Health</i> , 30:6, 751-759
Exploring experiences of supports for suicide bereavement in Ireland: protocol for a national survey.	O'Connell S , Ruane-McAteer E , Daly C , O'Connor C , Tuomey F, McDonnell L, Arensman E , Andriessen K.	<i>HRB Open Res</i> , 4:114
Sociodemographic Analysis of Suicide Rates Among Older Adults Living in Ecuador: 1997-2019.	Troya IM , Gerstner RM, Narvaez F, Arensman E .	<i>Front Public Health</i> ; 8;9:726424.
Study designs and outcomes used in evaluation studies of hospital-presenting self-harm: protocol for a methodological systematic review.	Ruane-McAteer E , Corcoran P , Browne J, Hursztyn P , Griffin E .	<i>BMJ Open</i> ; 11:e044993.
Investigating the relationship between childhood sexual abuse, self-harm repetition and suicidal intent: mixed-methods study.	Troya MI , Cully G , Leahy D, Cassidy E, Sadath A , Nicholson S , Ramos Costa AP, Alberdi-Paramo I, Jeffers A, Shiely F, Arensman E .	<i>BJPsych Open</i> , Volume 7, Issue 4
A Pilot Study of Clinicians' Perceptions of Feasibility, Client-Centeredness, and Usability of the Systematic Tailored Assessment for Responding to Suicidality Protocol.	Hawgood J, Ownsworth T, Mason H, Spence SH, Arensman E , DeLeo D.	<i>Crisis</i>

The Impact of Epidemics and Pandemics on the Mental Health of Healthcare Workers: A Systematic Review.	Chigwedere OC, Sadath A , Kabir Z, Arensman E .	<i>Int J Environ Res Public Health</i> ; 22;18(13):6695
Interpreting ambiguous emotional information: Convergence among interpretation bias measures and unique relations with depression severity.	O'Connor C , Everaert J, Fitzgerald A.	<i>J Clin Psychol</i> ; 77(11):2529-2544.
Experiences of remote education during COVID-19 and its relationship to the mental health of primary school children.	McMahon J, Gallagher EA, Walsh EH, O'Connor C .	<i>Irish Educational Studies</i> , 40:2, 457-468
The Experience and Meaning of Repeated Self-Harm among Patients Presenting to Irish Hospital Emergency Departments.	Chakraborti K, Arensman E , Leahy D.	<i>Issues Ment Health Nurs</i> ;42(10):942-950
Workplace interventions to reduce depression and anxiety in small and medium-sized enterprises: A systematic review.	Hogg B, Medina JC, Holland C, Arensman E et al.	<i>Journal of Affective Disorders</i> 290;378-386
The impact of guidance on the supply of codeine-containing products on their use in intentional drug overdose.	Birchall E, Perry IJ, Corcoran P , Daly C , Griffin E .	<i>European Journal of Public Health</i> , 31; 4: 853-858
Suicide trends in the early months of the COVID-19 pandemic: an interrupted time-series analysis of preliminary data from 21 countries.	Pirkis J, John A, Shin S, DelPozo-Banos M, Arya V, Analuisa-Aguilar P, Arensman E et al.	<i>Lancet Psychiatry</i> , 8;7:579-588
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, Arensman E , Gunnell D et al.	<i>F1000Research</i> , 9:1097 (Update Feb 2021)
Evidence for implementation of interventions to promote mental health in the workplace: a systematic scoping review protocol.	Paterson C, Leduc C , Maxwell M, O'Connor C , Arensman E , Greiner BA et al.	<i>Syst Rev</i> 10, 41.
International study of definitions of English-language terms for suicidal behaviours: a survey exploring preferred terminology.	De Leo D, Goodfellow B, Silverman M, Berman A, Mann J, Arensman E , Hawton K et al.	<i>BMJ Open</i> 1; 11:e043409
Dialectical behaviour therapy: Implementation of an evidence-based intervention for borderline personality disorder in public health systems.	Flynn D, Kells M, Joyce M .	<i>Current Opinion in Psychology</i> 37; 152-157.

Reports 2021 (n=2)

NSRF Annual Report 2020	McTernan N, Ryan F, Williamson E.	<i>National Suicide Research Foundation</i>
Self-harm in Irish Prisons 2019: Third report from the Self-Harm Assessment and Data Analysis (SADA) Project	McTernan N, Griffin E, Cully G, Kelly E, Hume S, Corcoran P.	<i>Irish Prison Service</i>

Briefing documents 2021 (n=11)

Hospital-presenting self-harm during January-March 2021	National Suicide Research Foundation	December 2021
Data on suspected suicide in County Cork, 1st January – 30th September 2021 (Q1-Q3)	National Suicide Research Foundation/ UCC	December 2021
European Depression Day	National Suicide Research Foundation/ UCC	October 2021
Murder-suicide and media reporting	National Suicide Research Foundation	September 2021
World Suicide Prevention Day	National Suicide Research Foundation/ UCC	September 2021
Hospital-presenting self-harm during January-December 2020	National Suicide Research Foundation	July 2021
National Workplace Wellbeing Day (EU MENTUPP)	National Suicide Research Foundation/ UCC	May 2021
Findings from the Suicide and Self-Harm Observatory During the Covid-19 Pandemic	National Suicide Research Foundation/ UCC	April 2021
Hospital-presenting self-harm during January-October 2020	National Suicide Research Foundation	April 2021
Self-Injury Awareness Day (EU MENTUPP)	National Suicide Research Foundation/ UCC	March 2021
Murder-suicide and media reporting	National Suicide Research Foundation	February 2021

Membership of Committees and Steering Groups

Dr Margaret Kelleher	
Irish Association of Suicidology	Director
International Academy for Suicide Research	Member
Professor Ella Arensman	
European Alliance Against Depression	Vice-President
World Health Organisation	Co-Director WHOCC and 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
MENTUPP Steering Group	Chair
EAAD-Best Steering Group	Chair
MHAINTAIN Steering Group	Chair
International Association for Suicide Prevention	Member
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 Sectoral Steering and Implementation Group for Connecting for Life 2015–2024	Member
IASP Special Interest Group on National Suicide Prevention Programs	Member
National Steering Group for the Implementation of the National Suicide Bereavement Liaison Service	Member
Advisory Panel for the National Suicide Bereavement Survey	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
Suspected Suicide Notification and Response System Advisory Group	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 Eve Griffin

National Clinical Programme for the Assessment and Management of Self-harm in Emergency Departments Research and Audit Group	Member
School of Public Health Social Research Ethics Committee	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	Member and Co-Chair
Association for Child and Adolescent Mental Health, Special Interest Group	Member
International Association for Suicide Prevention	Member and National Representative for Ireland
NICHE Health Project (Cork) CLG	Director
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
MHAINTAIN Steering Group	Member
World Health Organisation	Co-Director Collaborating Centre

Dr Mary Joyce

UCC Clinical Psychology Research Ethics Committee	Member
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Ms Fenella Ryan

HEA Connecting for Life Cross Sectoral Working Group	Member
Association for Child and Adolescent Mental Health, Special Interest Group in Youth Mental Health	Member

Dr Caroline Daly

International Association for Suicide Prevention (IASP) Early Career Group	Co-Founder and Co-Chair
IASP Task Force on Inclusion of Registered Reports in Journals	Co-Chair
IASP Task Force on the Emotional Health and Wellbeing of Researchers	Member
International Network of Early Career Researchers in Suicide and Self-harm	Member

SUICIDE RESEARCH
FOUNDATION COMPANY LIMITED
BY GUARANTEE

ANNUAL REPORT
AND FINANCIAL STATEMENTS
FOR THE FINANCIAL YEAR ENDED
31 DECEMBER 2021

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 2021

Company Information

Members

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

Trustees

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

Directors

Margaret Kelleher
James McCarthy
Dave Drohan
Barry McGale
Eugene Cassidy
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

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SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

The directors present their report and financial statements for the financial year ended 31 December 2021.

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 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 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. 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'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

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

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 Surveillance and Research Activities 2021

Surveillance Activities

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.nsrfl.ie/reports

Findings on data from the NSHRI are also published in peer-reviewed journal articles which can be found on the NSRF website. Data from the NSHRI is utilised as an outcome measure of *Connecting for Life* 2015-2024: Ireland's National Strategy to Reduce Suicide 2015-2024 (CfL).

The NSHRI is funded by the HSE National Office for Suicide Prevention (NOSP).

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 and the terms of the 2022/2023 contract were agreed in April 2022.

Suicide and Self-Harm Observatory

The Suicide and Self-Harm Observatory 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 2015-2024 CfL 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.

Ongoing Research Projects and Research Projects that Commenced in 2021

The NSRF has an Overall Agreement with the NOSP for the duration of 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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

The NSRF is also in receipt of research funding from other funding bodies as outlined below:

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

Individual and Ecological Factors Associated with Intentional Drug Overdose

This research will inform legislation and recommendations for means restriction interventions related to suicidal behavior. This study affects Goal 6 of *CfL*: To reduce and restrict access to means of suicidal behavior, 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.

Department of Health - Paracetamol Working Group

This multidisciplinary Working Group (WG) aims to prevent paracetamol-related intentional drug overdose by optimising adherence to existing legislation limiting access to paracetamol. Specifically, this WG will support the implementation of Action 6.1.2 of *CfL*: To continue improvements in adherence to the legislation limiting access to paracetamol through raising awareness amongst retailers and the public and the use of point-of-sale systems.

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 NSRF undertakes research relating to the role of the media in suicide prevention on an on-going basis.

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

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. The main objectives of this study are to assess the completeness of data collected by the MHC and HSE, and to review the circumstances surrounding deaths by suicide in mental health services.

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 (SBL) service in order to identify lessons learned to inform service improvement and potential scale-up of the service nationally.

This report consists of six parts: (1) the development of the Logic Model, (2) A Quantitative Analysis of Data on the Suicide Bereavement Liaison Office as recorded by Salesforce in Pieta, (3) Quantitative and Qualitative Analysis of Internal Monthly Reports as recorded by SBL Management, (4) Client Experiences of the SBL Service, (5) Understanding of the SBL Service amongst Family Liaison Officers in An Garda Síochána, and (6) Experiences of Working within and with the SBL Service.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

Evaluation of the Irish College of General Practitioners Training

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. The 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. An additional aim is 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.

Development of a National Undergraduate Curriculum in Suicide Prevention: Phase One: feasibility study

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

Mental Health of Veterinary Professionals Survey

The purpose of the current study is to gain an insight into the mental health profile of veterinary professionals in Ireland and to understand the stressors, help-seeking behaviours and support that veterinary professionals access that are particularly relevant for this cohort. This information will be gathered from veterinary professionals via an online survey which will have a range of single item questions and standardised measures of mental health. The findings from this study will inform initiatives by the Veterinary Council of Ireland (VCI) to support the mental health of their members.

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

This study is analysing 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 needs in Ireland.

Examining the incidence of self-harm and suicide-related ideation among the Irish Traveller population

Using data from the National Clinical Programme for the Assessment and Management of Patients Presenting to Emergency Departments following Self-Harm, this study aims to compare the incidence of hospital-presenting self-harm and suicide-related ideation of Travellers to non-Traveller patients and to describe any ethnic disparities in the aftercare of their suicide-related presentation.

Other Agreed Activities as part of the Service Arrangement with the HSE NOSP

Group membership

- Central Statistics Office Suicide Mortality Statistics Liaison Group
- CfL Evaluation Advisory Group
- HEA CfI Cross Sectoral Group
- Synthesise/summarise literature in relation to COVID-19 of relevance, on a monthly basis, for the NGO groups funded as part of CfL
- Support of the Suicide Resource Officers including facilitated workshops on topics of their choice and participation in ROSP organised events
- Online events - Webinar for World Suicide Prevention Day September 10th. Seminar on suicide and self-harm World Mental Health Day October 10th.
- Provision of Information and briefing documents for CfL Partners, government departments, media and general public.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

National Suicide Bereavement Survey

This research will help us better understand both the short-term and long-term impacts of suicide bereavement, along with the support needs of those impacted by suicide. The findings will inform further service development and policy priorities. There will be several important impacts and outcomes from this project.

These will include:

- A better understanding of the psychosocial and mental health impacts of suicide bereavement in Ireland;
- Insight into the range of informal and formal supports accessed in Ireland;
- Identification of unmet needs and challenges of accessing appropriate and timely supports;
- Informing the standardisation and quality of postvention supports available;
- Contributing to the general public's awareness of the impacts of suicide.

The outcomes of this research will directly inform actions in *CfL*, Ireland's National Strategy to Reduce Suicide, specifically those to identify gaps in relation to specialised services, to identify best practice guidance in terms of outreach and timing of supports (*CfL* Action 4.3.1). The findings will also provide guidance in relation to barriers to accessing supports, will inform interventions for under-represented groups, along with activities which seek to reduce stigma and increase public awareness (*CfL* Action 3.1.4).

This research is in receipt of funding from the HSE NOSP's first grant round.

Evaluation of the HSE Bereavement Counselling Service for Traumatic Deaths (South East Community Healthcare)

The Bereavement Counselling Service was established in 2006, is funded by the HSE and operated by a designated service management team within Mental Health Services. *CfL* Action 4.3.2: Commission and evaluate bereavement support services. The HSE CHO5 has provided funding to the NSRF to undertake an evaluation of this service.

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

This collaborative study with the Higher Education Authority will co-ordinate and streamline research related to suicide and self-harm on the island of Ireland. C-SSHRI is a research community specific to suicide and self-harm, which provides a forum for members to connect with each other as well as organised meetings and events. Support from the HSE and the HEA will provide a policy connection, facilitating translation of research into policy. C-SSHRI will facilitate members to share information, knowledge, skills and expertise, connect on ideas for future research, collaborate on national and international research opportunities, unite experienced researchers and early career researchers, disseminate research and research findings more widely, connect on inter-disciplinary research and inform policy development.

The HEA provided funding for this research in 2021 and again in 2022. Please see Future Developments below.

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. Please also see Future Developments below.

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 by the European Commission's Horizon 2020 programme of funding.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

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

The EAAD-Best project is funded within the Annual Work Programme 2020 of the 3rd EU Health Programme (HPPJ-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. Funding is provided by the European Commission's CHAFEA programme of funding.

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
- 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 the NSRF's Memorandum of Agreement with UCC, the overheads attaching to PRISM are split evenly between the two organisations.

Collaborations

Coronial Data/Clinical Care Programme

The Health Research Board/Health Service Executive Coronal Data Study is being carried out in order to fulfil five key strategic commitments made by the HSE NOSP and other key partners under Goal 7 of *CfL*. The aim of this study is twofold, firstly to improve access to timely and high-quality data on suicide and self-harm and secondly to review (and, if necessary, revise) current recording procedures for death by suicide.

The study requires the secondment from the NSRF of a Post-Doctoral Researcher to a Data Analyst Post to work with the NOSP's Evaluation Manager and the study's Technical Advisory Group. This researcher also works on data analysis for the HSE National Clinical Programme for the Assessment and Management of Patients Presenting to Emergency Departments following Self-Harm. A Change Control note to the HSE NOSP/ NSRF Service Arrangement has been agreed.

National Dialectical Behaviour Therapy Project

The National Dialectical Behaviour Therapy (DBT) Project, Ireland was established in 2013 through funding provided by the NOSP. This project is a multi-year project which aims to train DBT teams in Community Mental Health settings across Ireland and to conduct an extensive evaluation of this national implementation. The Health Service Executive and the NSRF have come together as two organisations to collaborate in implementing and evaluating DBT programmes across Ireland. Funding for the National DBT Project is provided by the HSE's NOSP to HSE CHO4 and a Service Arrangement is agreed with the NSRF.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

Open Dialogue project

The HSE commissioned the NSRF to conduct an independent appraisal of the Open Dialogue (OD) initiative in Cork Kerry Community Healthcare. Principles of OD include immediate response; social network inclusion; continuity and flexibility; responsibility, tolerating uncertainty and dialogue.

The study seeks to evaluate and understand the experience of OD as a clinical pathway, rolled out as part of West Cork Mental Health Services to treat people suffering from a wide range of mental health conditions. 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 methods are being 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 will be disseminated via articles in peer review journals. Funding is provided by HSE CHO4 as part of the National DBT Project Service Arrangement.

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

(Resigned 29 September 2021)

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

Number of board meetings held and attended by directors during the financial year:

- Margaret Kelleher - 4 of the 4 meetings held during 2021
- James McCarthy - 4 of the 4 meetings held during 2021
- Dave Drohan - 3 of the 4 meetings held during 2021
- Barry McGale - 4 of the 4 meetings held during 2021
- Eugene Cassidy - 4 of the 4 meetings held during 2021
- Mark O'Callaghan - 4 of the 4 meetings held during 2021
- Siobhan O'Neill - 0 of the 3 meetings held until her resignation in September 2021

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

Financial Review

Results for the financial year

A summary of the results for the financial year are set out on page 21.

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 €4,869 (2020: €67,489) with total incoming resources from the Health Service Executive, other agencies and other income amounting to €1,345,223 (2020: €1,226,445) and total resources expended amounting to €1,340,354 (2020: €1,158,956).

Reserves policy and financial position

Reserves policy

A formal policy on reserves was updated and agreed at a meeting of the directors held on 31 March 2021. The board has set a reserves policy which requires that:

- reserves be maintained at a level which ensures the company's core activity could continue during a period of unforeseen difficulty, and
- a proportion of 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, budget and forecast cycle. It takes into account:

- the risks associated with each stream of income and expenditure being different from that budgeted,
- planned activity level, and
- the organisation's commitments.

The following headings were used in the development of an updated policy:

- the existing reserves policy, which the directors updated for 2021 and agreed that the most appropriate level of reserves should be maintained at €216,000. The directors further agreed that €50,000 should be invested in a State Savings Solidarity Bond for 5 years. The current rate of interest is 3% per annum. Accordingly, this will yield a return of €1,500 at maturity,
- assessment of risk against each category of income and expenditure,
- future activity levels and likely requirements on reserves, and
- organisational commitments.

Financial position

The balance sheet shows total charity funds of €265,770 (2020: €277,596) 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 2021

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 2021

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.nsr.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 2021

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.

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 commenced employment with the late Dr Michael J Kelleher in 1994 and is a founder member of the NSRF. She holds an MBS (Hons) Degree in Health Services Management from University College Cork. 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 yearly 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 NSRF's Company Secretary and plays an active role in the development of the NSRF's goals, policies and strategic focus. She ensures compliance with the Companies Acts regulations, the implementation of strategy in addition to supporting the Board of Directors. She was instrumental in having the NSRF designated by the WHO as a Collaborating Centre for Surveillance and Research in Suicide Prevention.

Dr Paul Corcoran, Head of Research

Paul is an epidemiologist with almost thirty 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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

Dr Eve Griffin

Eve 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 graduated with a PhD in Applied Psychology from University College Cork in 2011. Her research interests include the epidemiology of self-harm, as well as the management of self-harm in clinical settings. She has more than 30 peer-reviewed scientific publications on the topic of self-harm. 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.

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.

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 36 years-experience 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 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. In 2021, she led a successful interdisciplinary application under the HRB Collaborative Doctoral Awards: 'Early Identification of Suicide and Self-Harm Risk and Comorbid Mental and Physical Disorders: An Interdisciplinary Training, Research and Intervention Programme' (MHAINTAIN), which provides funding for five PhD Scholars over five years (€1.5 million).

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

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, any potential impact of the ongoing 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 2021

Post reporting date events

There has been no financial or operational impact on the company as a result of COVID-19 other than staff continuing to work from home. From a financial perspective, there has been no decrease in the annual funding provided by the NOSP and, because of the increased awareness nationally and internationally of the need to safeguard the mental health of the population, funding bodies are making additional funding available for research.

Otherwise, no matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations or the state of the affairs of the company in the financial period subsequent to the financial year ended 31 December 2021.

Future developments

There has been no financial impact on the NSRF as a result of COVID-19. In line with HSE policy, the 2022 Service Arrangement and associated Programme of Work with the National Office for Suicide Prevention were agreed before February 28th 2022. The funding for the running of the Registry and the agreed programme of work has been increased to €969,931 for 2022 from €937,240 in 2021. The NSRF has an overall agreement with the HSE NOSP for the duration of the *Connecting for Life*, Suicide Reduction Strategy 2015-2024. In addition, the NSRF has a multitude of ongoing research projects as outlined in the Description of Activities above.

The NSRF has been successful in obtaining additional grant funding for new research projects, with a success rate of two out three grant applications. Multiple research projects will commence in 2022 as outlined below in Future Developments.

The company's future plans include making applications to various funding bodies for new funding for research projects. As of March 2022, the NSRF has been successful in obtaining new funding for the following projects that will commence in 2022.

Suicide and Self-Harm Observatory

The public health prevention model of suicide prevention begins with and relies heavily on surveillance data (WHO, 2014). Monitoring a public health phenomenon such as suicide requires continuous, systematic data collection, analysis and interpretation, as well as efficient dissemination of outputs to those involved in prevention efforts. However, the process of verification, registration and classification of external causes of death, including suicides in Ireland can involve a time span of more than two years due to the requirement of a Coroner's inquest and the involvement of An Garda Síochána, pathologists and other health service staff, in addition to Vital Statistics Registrars. Having access to a real-time suicide surveillance system, the outputs of which can be measured against Central Statistics Office data once published, will assist in early identification of emerging suicide clusters and suicide data, a timely response to people affected by suicide, and verification of anecdotal evidence and public statements on suicide that are disseminated via media outlets, including social media.

The HSE NOSP has provided funding to the NSRF in 2022 to undertake an evaluation of the Suicide and Self-Harm Observatory that the NSRF has instituted in Cork and Kerry, as well as a potential scalability project looking at the feasibility of rolling out the Observatory on a national basis that could potentially lead to the establishment of a real-time suicide surveillance system at national level in Ireland.

MHAINTEIN

MHAINTEIN is a research training programme addressing the need for doctoral training and career paths, to improve early identification and intervention of self-harm and suicide risk. The Vision of MHAINTEIN is *to improve capacity building in the assessment of risk of suicide and self-harm and evidence-based interventions across patient focused research, health services research and population health research, facilitated by an interdisciplinary Consortium*. The MHAINTEIN research training programme includes four Doctoral Projects, with positions for five PhD Scholars. MHAINTEIN will offer a representative range of research designs and methodological approaches.

Arising from a competitive grant-funding round, the Health Research Board Ireland has provided funding of €1.5 million to University College Cork and the NSRF over five years.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

The MHAINTAIN programme is timely, while its aims and objectives are in line with key priorities of national and international suicide and self-harm prevention strategies. By combining and integrating expertise from all relevant disciplines, cross-cutting patient focused services, healthcare services and population-based interventions, and involving a wide range of stakeholders, including representatives from patient advocacy.

MHAINTAIN will provide a stimulating environment for PhD scholars and will also facilitate postdoctoral career opportunities following completion of the PhD research. In addition to interdisciplinary research internships within UCC and the NSRF, the MHAINTAIN programme will also facilitate opportunities for PhD scholars to arrange external internships at AISRAP, Griffith University, Brisbane, the University of Melbourne and the University of Massachusetts.

WHO Collaborating Centre and Pan American Health Organisation (Phase II)

Following the NSRF's designation as a World Health Organisation (WHO) Collaborating Centre for Surveillance and Research in Suicide Prevention in December 2015 and re-designation for a further four years in 2019, the NSRF has been involved in several exciting projects at the request of the WHO.

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 and the UN Sustainable Development Goals for 2030. Mental health promotion, prevention, treatment, and recovery services improved through advocacy, better guidance and tools on integrated mental health service are stated WHO outputs.

The NSRF's agreed Work plan comprises four main Activities (1) Support WHO in having surveillance systems for self-harm and suicide established in countries (2) Provide technical advice to WHO in support of its work towards the implementation and evaluation of national suicide prevention strategies (3) Support WHO in providing technical assistance to countries for the development, revision, implementation and evaluation of national suicide prevention strategies (4) To inform WHO's activities on suicide prevention and mental health promotion in occupational settings.

The primary work undertaken by the NSRF in recent years has been in assisting the development and implementation of multi-centre self-harm surveillance systems in a range of countries across Europe, Central Asia and South America. The WHO Office in Poland has provided funding in 2022 to the NSRF for technical advice in relation to the development and establishment of a system of monitoring of self-harm and the Pan American Health Organisation has provided funding in 2022 for the continuation of the work with Guyana, Suriname and Trinidad Tobago in implementing systems of monitoring of suicide and self-harm.

C-SSHRI (Connecting Suicide and Self-Harm Researchers on the Island of Ireland) Phase II

One of the key strategic goals of *Connecting for Life 2015-2024* is to improve surveillance, evaluation and high-quality research relating to suicidal behaviour. In addressing this goal, specifically Action 7.4.2, the NSRF, the NOSP and the Higher Education Authority (HEA) are committed to co-ordinating and streamlining self-harm and suicide-related research completed by higher education institutions.

It is anticipated that by implementing Action 7.4.2, this project will contribute to the overall outcomes of *Connecting for Life* to reduce the suicide rate in the whole population and amongst specified priority groups, and to reduce the rate of presentations of self-harm in the whole population and amongst specified priority groups.

This project also feeds into the theme 'Improve' outlined in the HEA National Student Mental Health and Suicide Prevention Framework and directly targets key priority areas identified by the *Student and Learner Wellbeing Engagement Group* of 'Enhanced Mental Health Training for Staff', 'Peer to Peer Support' and 'Curriculum Review to include wellbeing and mental health'.

Building on the work completed in 2021, this project will further establish the C-SSHRI Network of Researchers and repository of literature, host training and research workshops as well as undertaking a scoping review based on the completed investigation of literature (WP1 of 2021 Project). The HEA has provided funding for the continuation and expansion of this project in 2022.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' REPORT (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

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

Date: 23 May 2022

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DIRECTORS' RESPONSIBILITIES STATEMENT

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

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

Date: 23 May 2022

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 2021 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 2021 and of its net incoming resources 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 is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, 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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

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

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Owen Hickey
for and on behalf of:

23 May 2022

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

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 2021

	Notes	Restricted funds €	Unrestricted funds €	Total 2021 €	Total 2020 €
Incoming Resources from:	3				
Private donations		-	-	-	120
Investment income		-	2	2	66
Generated income - lectures and fees		-	3,401	3,401	-
Grant income		1,341,820	-	1,341,820	1,226,259
Total incoming resources	4	1,341,820	3,403	1,345,223	1,226,445
Resources Expended on:					
Payroll costs including social insurance costs		(1,145,371)	(3,401)	(1,148,772)	(976,482)
Pension costs		(34,202)	-	(34,202)	(28,062)
Data collection costs		(17,890)	-	(17,890)	(21,086)
Data collection travel costs		(27,865)	-	(27,865)	(26,450)
Travel, meetings and conferences		(4,859)	-	(4,859)	(4,271)
Premises costs		(34,264)	-	(34,264)	(35,450)
Professional and related fees		(41,581)	-	(41,581)	(41,602)
IT costs		(25,023)	-	(25,023)	(20,864)
Other administration costs		(5,898)	-	(5,898)	(4,689)
Total resources expended	5	(1,336,953)	(3,401)	(1,340,354)	(1,158,956)
Net movement in funds for the financial year before taxation		4,867	2	4,869	67,489
Tax on net movement	10	-	-	-	-
Net movement in funds for the financial year		4,867	2	4,869	67,489
Reconciliation of funds:		€	€	€	€
Net movement in funds for the financial year		4,867	2	4,869	67,489
Transfer at year end to unrestricted funds		(4,867)	4,867	-	5,912
Funds brought forward		61,577	216,019	277,596	210,107
Transfer from restricted reserve fund to restricted income	3	(16,695)	-	(16,695)	-
Transfer from restricted income to restricted reserve fund		-	-	-	61,577
Funds carried forward		44,882	220,888	265,770	277,596

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

BALANCE SHEET

AS AT 31 DECEMBER 2021

	Notes	2021 €	€	2020 €	€
Fixed assets					
Tangible assets	11		2,495		5,103
Current assets					
Debtors	13	49,128		1,021	
Cash at bank and in hand		670,673		664,120	
		<u>719,801</u>		<u>665,141</u>	
Creditors: amounts falling due within one year	14	(456,526)		(392,648)	
Net current assets			263,275		272,493
Total assets less current liabilities			<u>265,770</u>		<u>277,596</u>
Funds of the charity					
Restricted funds			44,882		61,577
Unrestricted funds			220,888		216,019
Total charity funds	18		<u>265,770</u>		<u>277,596</u>

The financial statements were approved by the board of directors and authorised for issue on 23 May 2022 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 2021

	Restricted reserves €	Unrestricted reserves €	Total €
Balance at 1 January 2020	-	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
Financial year ended 31 December 2021:			
Net movement in funds for the financial year	-	4,869	4,869
Transfers	(16,695)	-	(16,695)
Balance at 31 December 2021	44,882	220,888	265,770

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

STATEMENT OF CASH FLOWS

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

	Notes	2021 €	€	2020 €	€
Cash flows from operating activities					
Cash generated from operations	22		6,551		233,465
Investing activities					
Interest received		2		66	
Net cash generated from investing activities			2		66
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			6,553		233,531
Cash and cash equivalents at beginning of financial year			664,120		430,589
Cash and cash equivalents at end of financial year			670,673		664,120

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

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 €4,869 (2020: €67,489) with total incoming resources from the Health Service Executive, other agencies and other resources amounting to €1,345,223 (2020: €1,226,445) and total resources expended amounting to €1,340,354 (2020: €1,158,956). The balance sheet shows total charity funds of €265,770 (2020: €277,596).

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 2021

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 2021

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
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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 2021

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 2021

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 2021

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 grantors, 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 2021

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 2021 or carried forward from 2020 will be deferred to 2022 for 2022 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.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

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 National Office for Suicide Prevention (HSE NOSP) 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 during the financial year from the Irish Exchequer or similar Irish grant givers are 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. Over 50% of the charity's funding derives from the Exchequer.

Agency - HSE

Grant type - HSE NOSP for foundation Revenue Grant

Purpose - Connecting For Life Strategy Service Arrangement

Total grant - €300,000 - 2021

Taken to Income & expenditure - €300,000 plus €16,695 from restricted funds forward

Received in financial year - €300,000

Remaining in restricted reserves at year end - €44,882

Expended - €316,695

Term - January 2020 to December 2024

Date received - monthly

Restriction on use - 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 - €637,240 - 2021

Taken to Income & expenditure - €637,240

Received in financial year - €637,240

Deferred at year end - €Nil

Expended - €637,240

Term - January 2020 to December 2024

Date received - monthly

Restriction on use - Service Arrangement

Tax clearance - Yes

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 - €95,879

Received in financial year - €112,558

Deferred at year end - €78,134

Expended - €95,879

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

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 2021

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 - €60,619

Received in financial year - €57,491

Deferred at year end - €1,414

Expended - €60,619

Term - Ongoing

Date received - December 2021

Restriction on use - Service Arrangement

Tax clearance - Yes

Agency - Health Research Board (HRB)

Grant type - Emerging Investigators Award Revenue Grant

Purpose - Providing Improved Care For Self Harm Study (PRISM)

Total grant - €73,342.58 - 4 year programme 2019 to 2023

Taken to Income & expenditure - €4,867

Received in financial year - €Nil

Deferred at year end - €1,712

Expended - €Nil

Term - Ongoing until 2023

Date received - Periodic

Restriction on use - Service Agreement

Tax clearance - Yes

Agency - HSE CHO 04

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 - €30,000

Taken to Income & expenditure - €13,772

Received in financial year - €10,000

Deferred at year end - €4,960

Expended - €13,772

Term - Ongoing to April 2022

Date received - December 2021

Restriction on use - Service Arrangement

Tax clearance - Yes

Agency - Higher Education Authority (HEA)

Grant type - Revenue Grant

Purpose - Connecting Suicide & Self Harm Researchers on the island of Ireland

Total grant - €56,168

Taken to Income & expenditure - €19,963

Received in financial year - €16,168

Deferred at year end - €Nil

Expended - €19,963

Term - Ongoing to December 2022

Date received - March 2021

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 2021

3 Incoming resources

(Continued)

Agency - HSE NOSP
 Grant type - Revenue Grant First Grant Round Scheme
 Purpose - Evaluation of Bereavement Support Service
 Total grant - €31,953
 Taken to Income & expenditure - €23,888
 Received in financial year - €31,953
 Deferred at year end - €8,065
 Expended - €23,888
 Term - Ongoing until June 2022
 Date received - Monthly from July 2021
 Restriction on use - Service Agreement
 Tax clearance - Yes

Agency - HSE
 Grant type - S39 Revenue Grant
 Purpose - Pay restoration funding
 Total grant - €34,473 - 2021, further award in 2023
 Taken to Income & expenditure - €34,473
 Received in financial year - €31,507
 Deferred at year end - €Nil
 Expended - €34,473
 Term - Until 2023
 Date received - September 2021
 Restriction on use - Service Agreement
 Tax clearance - Yes

In addition the company received:

- A Revenue Grant of €100,000 from HSE NOSP in December 2021 for the National Suicide and Self Harm Observatory project commencing 2022. These funds have been deferred to 2022.
- A Revenue Grant of €20,000 from the HSE NOSP First Grant Round Scheme in June 2021 for the Self Harm Assessment & Management in General Hospitals study, which commenced in January 2022. These funds have been deferred until 2022.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

4 Incoming resources

	2021 €	2020 €
<u>Restricted Income</u>		
HSE NOSP - National Suicide Research Foundation 2021	300,000	325,000
HSE NOSP - National Suicide Research Foundation brought forward from 2020	16,695	-
HSE NOSP - National Self-Harm Registry Ireland	637,240	607,007
Donegal Mental Health Service - Donegal Study	-	75,113
HSE CHO4 - National Dialectical Behaviour Therapy Training Teams	95,879	72,498
International Association for Suicide Prevention Project	9,021	8,655
World Health Organisation Collaborating Centre	13,957	338
World Health Organisation Commissioned Work	-	4,535
HSE NOSP - Coronial Data & Clinical Care Programme	60,619	56,178
Northern Ireland Public Health Agency - Statistical Analysis & Independent Verification of NI Self Harm Registry	34,080	33,010
European Commission Horizon 2020 Programme MENTUPP, Mental Health Promotion and Intervention in Occupational Settings	56,712	32,657
HSE CHO4 - Open Dialogue Initiative	13,772	11,268
HRB Emerging Investigators Award - Providing Improved Care For Self Harm Study (PRISM)	4,867	-
HEA - C - SSHRI - Connecting Suicide & Self Harm Researchers in Ireland Project	19,963	-
HSE NOSP Evaluation of Bereavement Support Service	23,888	-
HSE S39 Pay Restoration Funding	34,473	-
European Alliance Against Depression (EAAD) Best Project	20,654	-
	<u>1,341,820</u>	<u>1,226,259</u>
<u>Unrestricted Income</u>		
Generated income - lectures, fees, etc.	3,401	-
Interest on bank deposits	2	66
Private donations	-	120
	<u>3,403</u>	<u>186</u>
Total funding	<u>1,345,223</u>	<u>1,226,445</u>

Note 9

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

5 Analysis of resources expended

Restricted	Foundation and Research	Registry	2021 €	2020 €
Wages and salaries including social insurance costs	550,535	594,836	1,145,371	976,482
Pension costs	26,997	7,205	34,202	28,062
Support costs	-	599	599	642
Data collection costs	-	17,890	17,890	21,086
Data collection travel costs	-	27,865	27,865	26,450
Travel, meetings and conferences	2,370	1,890	4,260	4,271
Fees and subscriptions	21,788	3,905	25,693	26,310
Stationery, printing and postage	1,210	3,799	5,009	4,025
Telephones	427	270	697	913
Rent	10,520	10,521	21,041	24,600
Insurance	4,919	4,999	9,918	6,688
Bank charges	556	333	889	664
Accountancy fees	4,254	4,254	8,508	7,912
Audit fees	3,690	3,690	7,380	7,380
Computer running costs	14,609	10,414	25,023	20,864
Depreciation	-	2,608	2,608	2,607
	<u>641,875</u>	<u>695,078</u>	<u>1,336,953</u>	<u>1,158,956</u>
Unrestricted				
Wages and salaries including social insurance costs	3,401	-	3,401	-
	<u>3,401</u>	<u>-</u>	<u>3,401</u>	<u>-</u>
Total resources expended	<u>645,276</u>	<u>695,078</u>	<u>1,340,354</u>	<u>1,158,956</u>

6 Auditor's remuneration

	2021 €	2020 €
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>8,508</u>	<u>7,912</u>

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

7 Net Incoming Resources

	2021	2020
	€	€
Net Incoming resources are stated after charging:		
Depreciation of owned tangible fixed assets	2,608	2,607

8 Employees

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

	2021 Number	2020 Number
Foundation	14	15
Registry	17	17
	31	32

Their aggregate remuneration comprised:

	2021 €	2020 €
Wages and salaries	1,049,419	892,781
Social security costs	99,353	83,701
Pension costs	34,202	28,062
	1,182,974	1,004,544

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 (2020: One) who received employee benefits excluding employer pension costs of between €70,000 and €80,000 during the financial year. In addition there was one employee (2020: None) 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

	2021 €	2020 €
Interest income		
Interest on bank deposits	2	66

Investment income includes the following:

Interest on financial assets not measured at fair value through statement of financial activities	2	66
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SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

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 2021 and 31 December 2021	37,300
Depreciation and impairment	
At 1 January 2021	32,197
Depreciation charged in the financial year	2,608
At 31 December 2021	34,805
Carrying amount	
At 31 December 2021	2,495
At 31 December 2020	5,103

12 Financial instruments

	2021 €	2020 €
Carrying amount of financial assets		
Debt & other financial instruments measured at amortised cost	709,427	665,141
Carrying amount of financial liabilities		
Measured at amortised cost	426,012	371,447

13 Debtors

	2021 €	2020 €
Amounts falling due within one year:		
Accrued income	49,128	1,021
	49,128	1,021

Accrued income relates to grants received under contracts where the performance conditions have been completed by the financial year end and the funding is owing to the company at the financial year end.

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

14 Creditors: amounts falling due within one year

	2021 €	2020 €
PAYE and social security	30,514	21,201
Accruals	42,296	145,867
Deferred income	383,716	225,580
	<u>456,526</u>	<u>392,648</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

	2021 €	2020 €
Arising from government and other agency grants	<u>383,716</u>	<u>225,580</u>

Deferred income is included in the financial statements as follows:

	2021 €	2020 €
Current liabilities	<u>383,716</u>	<u>225,580</u>

16 Retirement benefit schemes

Defined contribution schemes	2021 €	2020 €
Charge to statement of financial activities in respect of defined contribution schemes	<u>34,202</u>	<u>28,062</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 2021

18 Analysis of Net Assets by Fund

	Fixed Assets €	Current assets €	Current liabilities €	Closing Balance €
Unrestricted income				
Unrestricted Funds	-	677,414	(456,526)	220,888
Restricted income				
Restricted Funds	2,495	42,387	-	44,882
	<u>2,495</u>	<u>719,801</u>	<u>(456,526)</u>	<u>265,770</u>

19 Events after the reporting date

There has been no financial or operational impact on the company as a result of COVID-19 other than staff continuing to work from home. From a financial perspective, there has been no decrease in the annual funding provided by the NOSP and, because of the increased awareness nationally and internationally of the need to safeguard the mental health of the population, funding bodies are making additional funding available for research.

Otherwise, no matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations or the state of the affairs of the company in the financial period subsequent to the financial year ended 31 December 2021.

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 2021 €	Cash flows €	31 December 2021 €
Cash at bank and in hand	<u>664,120</u>	<u>6,553</u>	<u>670,673</u>

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

22 Cash generated from operations

	2021 €	2020 €
Net incoming resources for the financial year after tax	4,869	67,489
Adjustments for:		
Investment income	(2)	(66)
Depreciation and impairment of tangible fixed assets	2,608	2,607
Transfer from restricted reserves to current year income	(16,695)	-
Movements in working capital:		
(Increase)/decrease in debtors	(48,107)	1,682
Increase in creditors	63,878	161,753
Cash generated from operations	<u>6,551</u>	<u>233,465</u>

23 Approval of financial statements

The directors approved the financial statements on 23 May 2022.

SUICIDE RESEARCH
FOUNDATION COMPANY LIMITED
BY GUARANTEE

UNAUDITED MANAGEMENT
INFORMATION FOR THE
FINANCIAL YEAR ENDED
31 DECEMBER 2021

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

		2021		2020
	€	€	€	€
Foundation income		316,695		325,000
HSE NOSP - National Suicide Research Foundation - 2021	300,000		325,000	
HSE NOSP - National Suicide Research Foundation - brought forward from 2020	16,695		-	
Foundation costs				
Salaries & wages	(225,539)		(193,088)	
Social welfare costs	(20,185)		(16,844)	
Staff pension costs defined contribution	(10,387)		(9,498)	
Rent	(10,520)		(12,300)	
Insurance	(4,919)		(3,344)	
Travelling expenses	-		(76)	
Meeting & conference costs	(1,127)		(1,861)	
Postage, printing & stationery	(788)		(1,771)	
Bank charges	(358)		(332)	
Fees, training & subscriptions	(4,181)		(7,632)	
Accountancy fees	(4,254)		(3,956)	
Audit fees	(3,690)		(3,690)	
Computer running costs	(6,652)		(8,210)	
Telecommunications	(337)		(500)	
Support costs	-		(321)	
		(292,937)		(263,423)
		23,758		61,577
Generated income - fees, lectures etc.		-		-
Funding receivable	3,401		-	
Salaries & wages	(3,126)		-	
Social welfare costs	(275)		-	
International Association for Suicide Prevention Project		-		-
Funding receivable	9,021		8,655	
Salaries & wages	(7,946)		(7,910)	
Social welfare costs	(892)		(745)	
Bank charges	(183)		-	
Donegal Mental Health Service - Donegal Study		-		8,250
Funding receivable	-		75,113	
Salaries & wages	-		(55,990)	
Social welfare costs	-		(6,186)	
Pension costs	-		(4,587)	
Computer running costs	-		(100)	

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

		2021		2020
	€	€	€	€
HSE NOSP - National Dialectical Behaviour Therapy Project		-		-
Funding receivable	95,879		72,498	
Salaries & wages	(76,633)		(56,189)	
Social welfare costs	(8,539)		(6,209)	
Fees & subscriptions	(10,000)		(10,000)	
Meetings & conferences	(70)		-	
Pension costs	(408)		-	
Computer running costs	(229)		(100)	
HEA - C - SSHRI		-		-
Funding receivable	19,963		-	
Salaries & wages	(18,111)		-	
Social welfare costs	(1,596)		-	
Computer running costs	(256)		-	
HSE NOSP Bereavement Support		-		-
Funding receivable	23,888		-	
Salaries & wages	(16,641)		-	
Social welfare costs	(1,812)		-	
Travel costs	(272)		-	
Telephones	(30)		-	
Computer running expenses	(1,504)		-	
Fees and subscriptions	(2,425)		-	
Meetings & conferences	(137)		-	
Pension costs	(1,067)		-	
World Health Organisation Collaborating Centre		-		-
Funding receivable	13,957		338	
Salaries & wages	(7,945)		-	
Social welfare costs	(823)		-	
Computer running expenses	(1,522)		(338)	
Fees and subscriptions	(3,652)		-	
Bank charges	(15)		-	
EAAD - BEST		-		-
Funding receivable	20,654		-	
Salaries & wages	(13,520)		-	
Social welfare costs	(1,282)		-	
Computer running expenses	(1,353)		-	
Stationery, printing & postage	(1)		-	
Fees & subscriptions	(1,530)		-	
Meetings & conferences	(363)		-	
Pension costs	(2,605)		-	

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

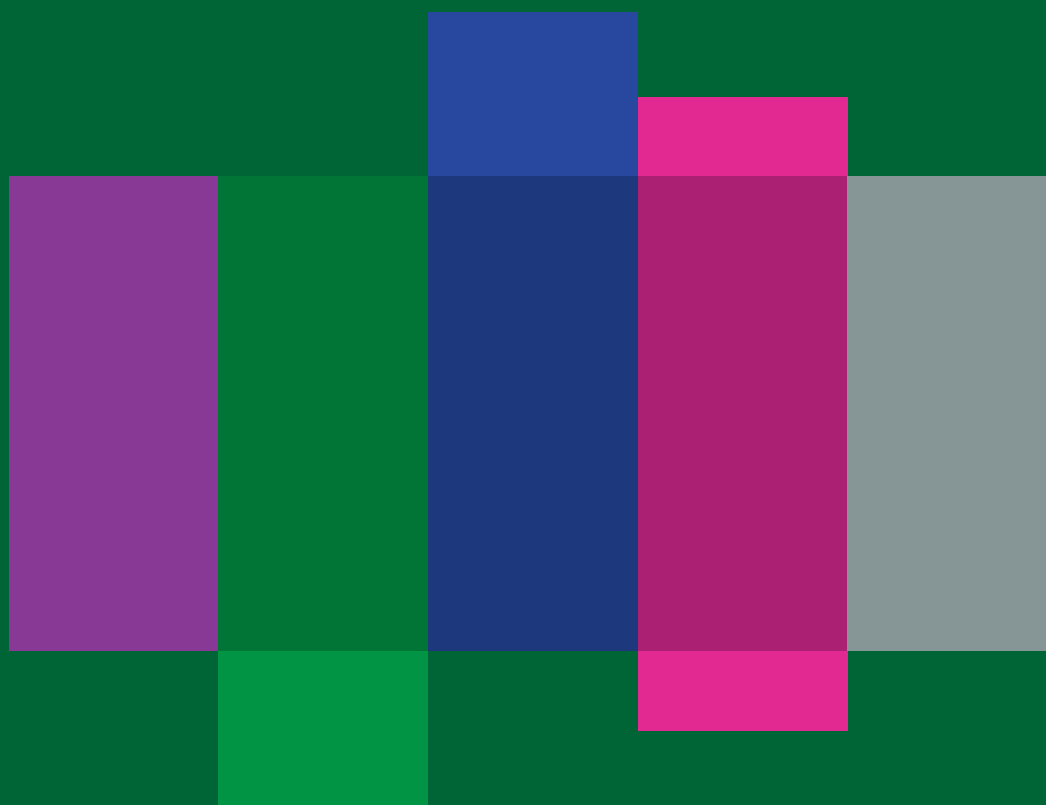
		2021		2020
	€	€	€	€
HSE NOSP Pay Restoration		-		-
Funding receivable	34,473		-	
Salaries & wages	(31,724)		-	
Social welfare costs	(2,749)		-	
World Health Organisation Commissioned Work		-		-
Funding receivable	-		4,535	
Salaries & wages	-		(4,046)	
Social welfare costs	-		(489)	
HSE NOSP - Coronial Data & Clinical Care Project		-		-
Funding receivable	60,619		56,178	
Salaries & wages	(50,307)		(46,607)	
Social welfare costs	(5,559)		(5,150)	
Travel costs	-		(192)	
Computer running expenses	(477)		(200)	
Meetings & conferences	-		(405)	
Pension costs	(4,276)		(3,624)	
Emerging Investigators Award		4,867		(4,867)
Funding receivable	4,867		-	
Salaries & wages	-		(4,473)	
Social welfare costs	-		(394)	
Open Dialogue Initiative		-		-
Funding receivable	13,772		11,268	
Salaries & wages	(11,757)		(9,126)	
Social welfare costs	(1,035)		(988)	
Travel costs	(401)		-	
Stationery & supplies	(419)		-	
Telephones	(60)		-	
Computer running expenses	(100)		-	
Pension costs	-		(1,154)	
European Commission Horizon 2020 Programme - MENTUPP		-		-
Funding receivable	56,712		32,657	
Salaries & wages	(41,395)		(25,542)	
Social welfare costs	(4,545)		(2,772)	
Stationery, printing & postage	(2)		(223)	
Computer running expenses	(2,516)		(140)	
Pension costs	(8,254)		(3,980)	
Private donations		-		120
Foundation net movement in funds		28,625		65,080

SUICIDE RESEARCH FOUNDATION COMPANY LIMITED BY GUARANTEE

DETAILED STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2021

	€	2021 €	€	2020 €
HSE NOSP - National Self-Harm Registry Ireland				
Funding receivable		637,240		607,007
National Self-Harm Registry costs				
Wages and salaries	(544,775)		(489,810)	
Social welfare costs	(50,061)		(43,924)	
Staff pension costs defined contribution	(7,205)		(5,219)	
Data collectors	(17,890)		(21,086)	
Data collection travel costs	(27,865)		(26,450)	
Rent	(10,521)		(12,300)	
Insurance	(4,999)		(3,344)	
Travelling expenses	(451)		(224)	
Meetings & conferences	(1,439)		(1,513)	
Stationery, printing & postage	(3,799)		(2,031)	
Bank charges	(333)		(332)	
Fees, training & subscriptions	(3,905)		(8,678)	
Accountancy fees	(4,254)		(3,956)	
Audit fees	(3,690)		(3,690)	
Computer running costs	(10,414)		(11,776)	
Telecommunications	(270)		(413)	
Support costs	(599)		(321)	
Depreciation	(2,608)		(2,607)	
		(695,078)		(637,674)
National Self-Harm Registry net movement in funds		(57,838)		(30,667)
Northern Ireland Registry of Self-Harm		34,080		33,010
Funding receivable	34,080		33,010	
Travel costs	-		-	
Meetings costs	-		-	
		34,080		33,010
Northern Ireland Statistical Consultancy		34,080		33,010
Overall National Self Harm Registry net movement in funds		(23,758)		2,343
Overall operating net movement in funds		4,867		67,423



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National Suicide Research Foundation