



National Suicide  
Research Foundation

Annual Report 2023



**NSRF**

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National Suicide Research Foundation website: [www.nsrp.ie](http://www.nsrp.ie)

## Table of Contents

2	<b>Foreword</b>	30	<b>(2) Programme Evaluation</b>	42	- Understanding the mental health challenges, service needs and potential interventions for women from the Traveller community presenting to Emergency Departments with suicidal ideation in Ireland
4	<b>Highlights of the Year</b>	30	- Open Dialogue Project	43	<b>(6) Suicide, Self-Harm and Mental Health in the Workplace</b>
5	<b>Organisation Updates</b>	31	- National Dialectical Behaviour Therapy Project Ireland	43	- Development of a mental health and wellbeing module for veterinary professional students
5	NSRF Chief Executive Officer - Thank you and welcome	32	- Development, implementation and evaluation of a university module in suicide prevention for health and social care students	43	- Impact of Patient Suicide on Psychiatrists in Ireland
7	WHO Collaborating Centre for Surveillance and Research in Suicide Prevention Redesignation	33	- Evaluation of the CAMS (The Collaborative Assessment and Management of Suicidality) in CHO7	44	- Mental Health Promotion and Intervention in Occupational Settings (MENTUPP)
8	Establishment of Lived Experience Panel	33	- Evaluating the implementation of the Talking Therapies Model	46	<b>(7) Bereavement following Suicide</b>
9	<b>Activities Overview</b>	34	- The training and implementation of the Collaborative Assessment and Management of Suicidality Framework	46	- National Suicide Bereavement Survey
9	- Outcomes and Impact of NSRF research	34	- An analysis of '50808' 24/7 Crisis Text Service anonymised texter data	47	- Identifying the needs of young people and their families bereaved by suicide
13	- Research Dissemination	35	<b>(3) Assessment and Management of Self-Harm and Depression</b>	47	- Bereavement supports provided through the coronial system - a scoping study
16	- Deliverables and events related to NSRF Projects	35	- Development of a Self-Harm Assessment and Management programme for General Hospitals (SAMAGH)	48	<b>(8) Suicide and the Media</b>
18	- New funding awards	36	- Emerging Investigators Award (PRISM)	48	- The role of the media and social media in suicide prevention
19	<b>Governance and Personnel</b>	37	- EAAD-Best	49	<b>(9) Restricting access to Lethal Means</b>
19	- Priorities and values	38	- MENTBEST	49	- Working Group: Preventing Paracetamol-Related Intentional Drug Overdose
19	- Structure, Governance and Management	38	- PERMANENS	50	<b>(10) Other</b>
21	- Principles of Good Governance	39	<b>(4) Suicide and Self-Harm among Young and Older People</b>	50	- C-SSHRI: Connecting Suicide and Self-Harm Researchers on the island of Ireland
22	- NSRF Strategic Research Clusters	39	- Applying Research into Policy and Practice Award - Youth self-harm and suicide - Predictors of onset, escalation and premature mortality	51	- Review of the social determinants of suicide
22	- Governance Structure	40	- Examining individual and psychosocial determinants of self-harm and suicidality in older adults: improving risk assessment and management (SHOAR)	52	<b>Publications</b>
23	- Company Members and Board of Directors	41	<b>(5) Clinical Subgroups</b>	54	<b>Membership of Committees and Steering Groups</b>
23	- Personnel in 2023	41	- Early Identification of Suicide and Self-Harm Risk and Comorbid Mental and Physical Disorders (MHAINAIN)	55	<b>Financial Statements</b>
25	- Equality, Diversity and Inclusion				
26	<b>Strategic Research Clusters</b>				
	*Some research projects match the objectives of more than one research cluster, projects will be aligned to their primary grouping*				
26	<b>(1) Surveillance of Self-Harm, Suicide and Mental Health Problems</b>				
26	- National Self-Harm Registry Ireland				
27	- Northern Ireland Registry of Self-Harm				
27	- Self-Harm in Irish Prisons: The Self-Harm Assessment and Data Analysis (SADA) Project				
28	- The Suicide Observatory (SO)				
29	- WHO Collaborating Centre for Surveillance and Research in Suicide Prevention				

## FOREWORD

We are delighted to present the 2023 Annual Report of the National Suicide Research Foundation (NSRF). This report contains a summary of the activities of the organisation in 2023. The report also contains the Audited Financial Statements for the year ended 31st December 2023. In line with requirements of the Companies Act 2014, the financial statements have been prepared by independent auditors H&A Accounting Services Limited t/a Hickey & Associates, Cork and we are grateful to Ms Shelley Meenahan and Mr Owen Hickey for their work on the audit of the NSRF accounts. The accounts are reported 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 total incoming resources in 2023 was €1,828,068 and the total resources expended during the year amounted to €1,823,775. The NSRF employed 50 people during 2023. Costs in respect of salaries and social security costs were €1,523,995.

Established by the late Dr Michael J Kelleher in November 1994, 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 and inter-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 works closely with the Health Service Executive's National Office for Suicide Prevention (NOSP) in order to provide 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 the 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. In 2023 we worked on a range of projects which support the

delivery of Connecting for Life, including the development of an undergraduate module in suicide prevention for health and social care professionals, the safe sales of paracetamol campaign, and improving bereavement supports for families within the coronial inquest process.

The NSRF has a Memorandum of Collaboration (MoC) with University College Cork (UCC), which supports ongoing collaboration and support between both organisations. The MoC aims to improve cohesion among research staff involved in the NSRF and UCC, which increasing the overall research capacity via acquisition of large-scale grant applications. This MoC also facilitates dual research positions between the NSRF and UCC, which will contribute to broadening the expertise, capacity building and continuity in interdisciplinary research. In 2023, a total of nine funded projects were supported by this MoC.

In December 2023, the NSRF was re-designated by the World Health Organisation (WHO) as a Collaborating Centre for Surveillance and Research in Suicide Prevention. We have been a Collaborating Centre for eight years and the team provides technical advice to inform WHO's work in establishing surveillance systems of self-harm and suicide, as well as in implementing and evaluating national suicide prevention programmes. We have worked with more than 20 countries across all continents over the years, helping to strengthen capacity and reduce stigma around suicide and self-harm. This redesignation is an important milestone and, in collaboration with colleagues in the Department of Health, HSE National Office for Suicide Prevention and UCC, will continue to provide technical support informing the establishment of surveillance systems of self-harm and suicide, improve suicide monitoring in countries, and guide countries in establishing and evaluating national suicide prevention strategies.

In 2023, the NSRF was involved in a total of 30 projects in the area of suicide, self-harm and mental health, and a summary of each project is included in this report. The NSRF was involved as co-lead with the School of Public Health, UCC in a successful EU Horizon Europe project: PROSPERH, which is the largest awarded international project in the NSRF's history. We also continued to disseminate our research and provide evidence-based information to a wide range of stakeholders in policy, health and social services as well as the general population.

NSRF staff members contributed to 25 peer-review articles, four reports and presented more than 50 lectures at local, national and international seminars and conferences, including the International Association for Suicide Prevention in Slovenia in September 2023. We were also represented on several 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. In addition we prepared four briefing documents and policy submissions, on the topics of the impact of Covid-19 on hospital-presenting self-harm and a submission to the Joint Committee on Assisted Dying.

In 2023 we also established the NSRF's first Lived Experience panel. For us, it is crucial that people with lived experience contributing to all aspects of our research and practice. This panel of 12 individuals reflects a range of backgrounds and experiences, and our lived experience panellists contribute to a range of stages of the research process including reviewing documents and contributing to research proposals, developing research ideas and discussing how to put

these into practice, and joining discussions about relevant mental health and suicide related updates and developments. We look forward to further developing and supporting our Lived Experience Panel over the coming years.

Notable events hosted by the NSRF in 2023 included the World Mental Health Day Seminar held on October 10th, at which the Dr Michael Kelleher Memorial Lecture was given by Professor Rory O'Connor. This day also saw the 3rd Suicide and Self-Harm Research Workshop on the island of Ireland held, organised by the C-SSHRI Network: Connecting Suicide and Self-Harm Researchers on the Island of Ireland.

The achievements in 2023 are very much a reflection of the skillset and dedication of all staff members to the work of the NSRF. We would like to acknowledge these efforts and thank each and every person for the passion and energy that you bring to the work on a daily basis. 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 Eve Griffin**  
Chief Executive Officer

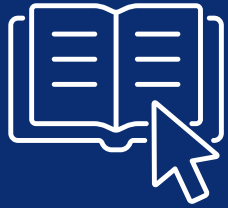


**Dr Paul Corcoran**  
Head of Research



**Professor Ella Arensman**  
Chief Scientist  
Professor of Public Mental Health  
Head School of Public Health

# Highlights of the year



Scopus Citations

3,376



Google Scholar Citations

5,353

Journal Publications



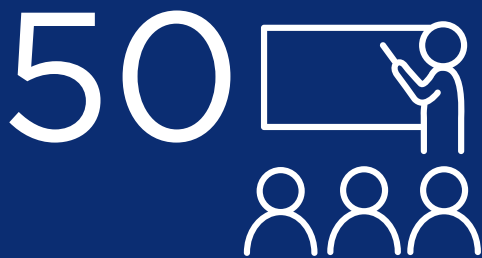
25



Reports

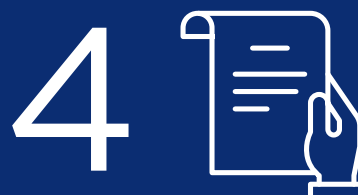
5

Presentations



50

Briefing Documents & Policy Submissions



4

Grants Awarded



5



Tweet Impressions

143,900

## ORGANISATION UPDATES

### NSRF Chief Executive Officer - Thank you and welcome



2023 was a landmark year for the National Suicide Research Foundation, as in our 30th year of operation, the Board of Directors appointed the foundation's second Chief Executive Officer since formation.

In October, at an event in University College Cork, we marked 30 years of the NSRF and we also marked the retirement of the NSRF's first Chief Executive Officer Ms Eileen Williamson. Eileen embodied the core values and ethos of the NSRF and was responsible for developing the careers of many staff members, past and present, by promoting a

caring, friendly and considerate approach in every aspect of her leadership. She led the organisation to its current status, managing over thirty national and international research projects, a centre of research excellence, a WHO Collaborating Centre of Surveillance and Research in Suicide Prevention, and with a growing team of multi-disciplinary staff across early, mid and senior career levels. On behalf of everyone at the NSRF, we would like to express our sincere thanks and congratulations to Eileen for her contribution to the organisation.

We are delighted to welcome Dr Eve Griffin, who was appointed to the role of NSRF Chief Executive Officer in September 2023. Eve has been working with the NSRF for many years in different roles and has led many research projects in relation to self-harm and suicide, including a successful HRB Emerging Investigator Award. Eve has a strong track record of collaborating with partners in policy, service provision and clinical practice. Her research interests include the epidemiology of hospital-presenting self-harm, and

applied research designing and evaluating supports for those at risk of suicide and self-harm and those impacted by suicide. Sincere congratulations to Eve in her new role, which she has clearly embraced over the past year.

We look forward to progressing further under Eve's leadership and plan to publish our strategic plan for the coming years early in 2025!





## WHO Collaborating Centre for Surveillance and Research in Suicide Prevention Redesignation

In December 2023, the World Health Organization redesignated the National Suicide Research Foundation (NSRF) as a WHO Collaborating Centre (WHOCC) for Surveillance and Research in Suicide Prevention until December 2027.

The NSRF has been a WHO Collaborating Centre for 8 years following initial designation in December 2015 and has provided technical advice to inform WHO's work in establishing surveillance systems of self-harm and suicide, as well as in implementing and evaluating national suicide prevention programmes. This work has spanned across more than 20 countries, including Namibia, Iran, Ecuador and Trinidad and Tobago. In particular, the template of the **National Self-Harm Registry Ireland** has been central in informing surveillance of self-harm internationally.

NSRF and WHO, with support from the Department of Health in Ireland, will continue to build on this collaboration, by providing technical support informing the establishment of surveillance systems of self-harm and suicide and improving suicide monitoring in specific countries; and guiding and supporting countries in establishing national suicide prevention strategies and implementation, including evaluation plans and measurable indicators. Previous collaborations include:

- **Preventing Suicide: A resource for filmmakers and others working on stage and screen**
- **National Suicide Prevention Strategies: Progress, examples and indicators**
- **Live Life: An Implementation Guide for Suicide Prevention in Countries**
- **WHO Mental Health at work guidelines.**



**Above:** Prof Ella Arensman and Mr Niall McTernan at a meeting of WHO Collaborating Centres in August 2022.

## Establishment of Lived Experience Panel

At the NSRF we want to ensure that all of our research is informed by persons with Lived Experience. This means that we want to carry out our research ‘with’ or ‘by’ members of the public with lived or living experience rather than ‘to’, ‘about’ or ‘for’ them. In 2023, the NSRF established its first panel of Lived Experience Representatives who will contribute to all aspects of our research and activities as an organisation.

This includes input into the design and development of our research projects and the multiple stages of the research cycle, from the initial identification of a problem or gap in research, through to evaluating how well a treatment or measure works.

The NSRF's Lived Experience Representatives have a diverse range of backgrounds, with varying levels of lived experience of suicide, self-harm, and mental illnesses, e.g. those bereaved by suicide, those who have experienced suicidal behaviour in the present/past, those who have experienced mental illness in the present/past.

### Key tasks for our peer researchers:

- Reviewing documentation and/or contributing to research proposals across a variety of topics relating to mental health and suicide.
- The development of research ideas and how to put these into practice.
- Input on relevant mental health and suicide related updates and developments relevant at national and local level (example: local and national policies, best-practice guidelines, education standards etc.)

### At the NSRF we need LE input:

- To ensure that our research is influenced by principals of citizenship, accountability, and transparency.
- To ensure that our research is acceptable, accessible, sensitive, and representative of the perspectives of people with lived experience.
- To facilitate open and collaborative dialogue between the people with lived experience and NSRF researchers.

- To improve the overall quality and value of our research.
- To enable the identification of most relevant research questions and gaps in research.
- To ensure that our findings are acceptable and applicable to people with lived experience.
- To improve our insight into the experiences of people with lived experience.

### Key Deliverables and Outcomes in 2023

- Survey of lived experience needs at the NSRF.
- Recruitment of Lived Experience Representatives.

### Projects currently utilising our Lived Experience Panel

- National Self-Harm Registry Ireland
- MENTBEST
- PERMANENS
- Supports for young people bereaved by suicide.

### Personnel Involved

Aileen Callanan (Lived experience co-ordinator), Niall McTernan, Grace Cully, Selena O’Connell, Katerina Kav-alidou, Isabela Troya, Caroline Daly.



## OUTCOMES AND IMPACT OF NSRF RESEARCH

The NSRF hosted the Cork-Kerry Alliance Against Depression Launch Seminar on Thursday March 2nd, 2023, in Nano Nagle Place, Cork City. The event included:

- An overview of EAAD-Best Ireland. For more information, visit: <https://eaad-best.eu>
- Stakeholder presentations including delegates from the Irish College of General Practitioners, the Irish Prison

Service and the HSE National Office for Suicide Prevention.

- Panel discussion, covering how EAAD Best can contribute to addressing gaps and challenges and long-term sustainability in Cork/Kerry, including within *Connecting for Life*, Ireland's National Strategy to Reduce Suicide 2015-2024.



**Above (l-r):** Councillor Derry Canty, Mr Bryan Clancy, Ms Julie Grainger, Prof Ella Arensman, Dr Michael Kennedy, Ms Cindy O'Shea and Mr Donagh Hennebry



Prof Ella Arensman and Dr Eve Griffin presented at a Church of Ireland Mind Matters seminar on 'Mental Health and Suicide' on April 22nd on the following topics:

- Suicide bereavement support based on findings from the Afterwords survey.
- Improving awareness and care for people with depression, based on outcomes from the EAAD BEST Project.

Dr Eve Griffin and Fiona Tuomey (HUGG) presented key findings and implications from Ireland's first Suicide Bereavement Survey 'Afterwords' at the 'Suicide Prevention: Connecting Research and Practice' Conference, organised by the HSE National Office for Suicide Prevention on April 26th.

Eve and Fiona were also keynote speakers at the Connecting for Life Donegal Midterm Conference on April 19th and also presented findings at the Irish Hospice Foundation's National Bereavement Forum on June 16th.





Prof Ella Arensman attended and presented at the European Economic and Social Committee in Brussels on April 27th. The stakeholder meeting was organised as part of the EAAD-BEST project.

### Suicide prevention in Ireland: We have come a long way

One constant observation from the past decades of working with people with lived experience of suicidal behaviour is that 'people who attempt suicide don't want to die, what they want is a different life'.



(Left to right) Joe D'Alton, Tom "Gally" Flynn and Cllr Mick Nugent of Shine A Light Suicide & Mental Health Awareness at a new friendship bench initiative in Cork last July. We have come a long way. Twenty years ago, the stigma associated with suicide was tangible. Picture: Denis Minihane

SUN, 10 SEP, 2023 - 07:12  
ELLA ARENSMAN AND PAUL CORCORAN

September 10 is World Suicide Prevention Day. This year's theme 'Create Hope Through Action', aims to draw attention to this important public health issue globally, and by encouraging understanding and sharing experiences, this theme gives people the confidence to take action.

On World Suicide Prevention Day (September 10th) the NSRF published an opinion article in the Irish Examiner authored by Chief Scientist Ella Arensman and Head of Research Paul Corcoran. The article discussed suicide prevention in Ireland, including:

- Progress and ongoing challenges
- Evidence-based interventions and prevention programmes
- Future recommendations.




**Above (l-r):** Prof Philip Dodd, Dr Eve Griffin, Minister Mary Butler, Mr Ciaran Austin, Ms Anne Marie Seymour, Dr Susan O'Dwyer.

The NSRF were delighted to collaborate with the HSE National Office for Suicide Prevention, the Department of Health, the Irish Pharmacy Union, the Health Products Regulatory Authority, the Pharmacy Regulator in Ireland, and the School of Public Health in UCC on the safe sales of paracetamol campaign, launched by Minister Mary Butler on October 17th.

More information can be found here:

<https://tinyurl.com/55aer2j>



**Wednesday September 20<sup>th</sup>, 2023**

**2.00pm – Prof Ella Arensman/Dr Anvar Sadath**

- Psychiatric and physical illness comorbidity among individuals with frequent self-harm episodes: A mixed methods convergent parallel study

**2.00pm – Dr Selena O’Connell**

- Barriers and facilitators to accessing formal supports following suicide bereavement: a survey of adults bereaved by suicide in Ireland

**2.00pm – Dr Elaine McMahon**


- Suicide in individuals with and without prior hospital-treated self-harm: a national retrospective cohort study examining demographic and psychiatric factors and precipitant stressors

**2.00pm – Prof Philip Dodd (HSE NOSPI) / Dr Clodhna O’Brien**

- Suicide Prevention in Veterinary Professionals

**4.30pm – Dr Grace Cully**

- The impact and implementation of a national clinical programme for the management of self-harm and suicide-related ideation in emergency departments



**Thursday September 21<sup>st</sup>, 2023**

**3.00pm – Dr Grace Cully**

- Discharged from the emergency department following self-harm: referral patterns and risk of repeated self-harm

**4.30pm – Dr Eve Griffin**

- Utilisation of postvention supports: A cross-sectional survey of adults bereaved by suicide in Ireland

**Posters**

- ❖ **Dr Grace Cully** - Suicide risk following repeat attendance to hospital with self-harm: a national cohort study
- ❖ **Dr Eve Griffin/Dr Clodhna O’Brien/ Ms Kerrie Gallagher** - The design and development of a national suicide prevention training module for undergraduate students enrolled in health and social care professions
- ❖ **Dr Eve Griffin/Dr Isabela Treya** - Hospital-presenting self-harm amongst older adults living in Ireland: a 13-year national registry study
- ❖ **Dr Paul Corcoran/Mr Niall McTernan** - Advancing suicide prevention in Ireland: An analysis of the ‘50808’ 24/7 crisis text service
- ❖ **Prof Philip Dodd (HSE NOSPI) / Dr Caroline Daly** - Preventing intentional paracetamol overdose in countries with increasing rates and existing sales legislation

**#IASPPIRAN2023**  
**#ConnectingforLife**

Several of the NSRF team attended and presented on a range of topics at the 32nd World Congress of the International Association for Suicide Prevention in Piran, Slovenia from September 20th-23rd.

The event provided an excellent opportunity to network, learn from and collaborate with international colleagues throughout the world.

The Conference programme can be accessed here:

<https://tinyurl.com/mrzb4kte>

At the closing ceremony NSRF Director Mr Barry McGale received the Farberow Award for his contribution to suicide bereavement. Barry has been instrumental in developing the field not just in Ireland but around the world.



**Above (l-r):** Dr Mallorie Leduc, Dr Selena O’Connell, Dr Grace Cully, Mr Barry McGale, Dr Elaine McMahon, Dr Eve Griffin, Dr Paul Corcoran.



On October 10th, the NSRF hosted a World Mental Health Day 2023 seminar on ‘Building Capacity in Mental Health and Suicide Research’.

Thank you to the Higher Education Authority and the HSE National Office for Suicide Prevention for supporting the event, and to Professor Rory O’Connor (University of Glasgow) for delivering the Dr Michael Kelleher lecture and Dr Louise Doyle (Trinity College Dublin) for the excellent keynote presentation.

It was great to engage with and hear from a wide range of suicide prevention stakeholders including Early Career Researchers, leading academics nationally and internationally, and key personnel involved in strategy and policy implementation.

Congratulations to Dr Eibhlín Walsh who was awarded a €1000 research bursary for best presentation at the morning event, the 3rd Annual Suicide and Self-Harm Research Workshop, for work entitled “A Meta-ethnography of Adolescents’ Perspectives on and Experiences with Post Primary School-based Suicide Prevention”.

**Left (l-r):** Prof Rory O’Connor, Dr Margaret Kelleher, Ms Eileen Williamson, Dr Paul Corcoran, Prof Ella Arensman, Dr Eve Griffin.

On November 7th and November 16th, the EAAD-BEST team delivered Train-the-Trainer programmes on mental health and suicide prevention to prison officers in Midlands Prison and Clinical Nurse Specialists from the south, east and midlands regions.

It was great to engage and interact with these key stakeholder groups.

Read more here:

<https://eaad-best.eu>



On November 9th Dr Eve Griffin and Prof Ella Arensman presented a discussion paper on 'Considerations for suicide prevention, research and policy development' to the Oireachtas Joint Committee on Assisted Dying.

Read the document in full here:

<https://tinyurl.com/26t78aj5>

The Joint Committee on Assisted Dying was established to consider and make recommendations for legislative and policy change related to a statutory right to assist a person to end his, her or their life and a statutory right to receive such assistance.

The NSRF would like to thank the chair and members of the committee for the invitation and for the considered and sensitive discussion on a very complex topic.

**National Suicide Research Foundation**

**Assisted dying legislation: Considerations for suicide prevention, research and policy development**

**Submission to the Joint Committee on Assisted Dying  
on behalf of the National Suicide Research Foundation (NSRF)  
November 8th 2023**

**Key findings**

- Even though an increasing number of countries have introduced legislation to facilitate assisted dying for people with physical health conditions and, in more recent years for people with mental health conditions, there is limited information about the implementation of this legislation and procedures involved.
- Based on the available research, there is no consistent evidence that rates of suicide change as a result of assisted dying legislation, with no study reporting a decrease in suicide rates as a result of such provisions. However, research in this area is significantly hampered by the lack of reliable data on deaths both by assisted dying and by suicide.
- The profile of individuals who die via assisted dying seems to be distinct from the profile of individuals who die by suicide. Those who die by assisted dying are generally older in age and are more likely to be female. However, some potential risk factors are shared by both groups, including living alone, having no children, and not identifying as being religious.
- The prevalence of psychiatric co-morbidities in individuals who die by assisted dying is difficult to establish, with reported proportions ranging from 3-39%.
- The risk of suicide following a terminal or chronic illness is highest in the first six months after diagnosis.

## RESEARCH DISSEMINATION



Professor Ella Arensman presented a keynote lecture on ‘Self-harm and suicide in young people: associated risk factors, evidence-based interventions and protective factors’ at the Generation Hope: Youth Suicide Prevention Conference in Belfast on Monday February 27th, 2023.

The National Self-Harm Registry Ireland Team published data by Community Health Care Organisation Area in March.

Access reports for CHO Areas 1-8 here:

<https://www.nsr.ie/registry-reports-and-publications/>

An update on monthly hospital-presenting self-harm during 2021, utilising data from a sample of 24 hospitals, is also available here:

<https://tinyurl.com/m2h92btb>



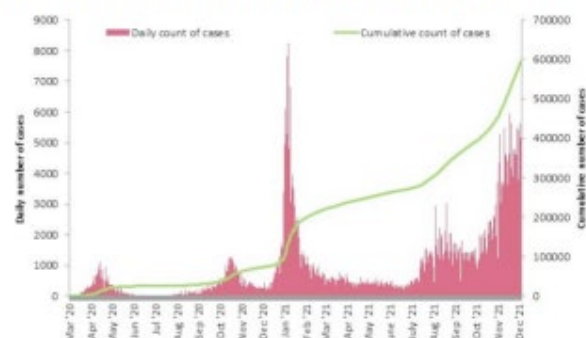
### National Self-Harm Registry Ireland

#### Hospital-presenting self-harm during 2021

Data Briefing, March 2023

The COVID-19 pandemic and associated measures to address it led to an increase in individual and population level risk factors for self-harm and suicide. Surveillance of mental health issues including depression, anxiety, self-harm and suicidal behaviours were identified as a priority in order to inform interventions and comprehensive responses (Sinyor et al., 2021).

The year 2021 was associated with many more cases of COVID-19 in Ireland than in 2020 but thankfully the illness was far less severe for the vast majority of those affected. Ireland experienced its third and largest wave of COVID-19 in early 2021, even achieving the highest seven-day infection rate in the world in mid-January (Figure 1). Level 5 restrictions applied throughout January-March 2021, with a phased return to schools in March. The lockdown remained in place until May 2021 and indoor hospitality remained closed through June. Restrictions continued to be eased in the second half of the year. A highly-effective vaccination programme was rolled out in 2021 resulting in almost 80% of the population aged over six months being fully vaccinated by the year's end.



From March 20th-24th the NSRF shared learnings from a workshop where service providers and planners discussed the findings of Afterwords: a survey of people bereaved by suicide in Ireland, on our social media channels. Areas covered:

- What support services should be available for people bereaved by suicide?
- What challenges might we encounter when trying to enhance support services?
- Bearing in mind the challenges, what steps do we need to take to improve services?

Learnings are summarised here:

<https://tinyurl.com/2mxcdej8NSRF>

**AfterWords**  
A SURVEY OF PEOPLE BEREAVED BY SUICIDE IN IRELAND  
Recommendations and actions identified from a stakeholder workshop

**Q1 | What support services should be available for people bereaved by suicide?**

SUPPORT DEVELOPMENT	RESOURCING + INFRASTRUCTURE
<p>Timely, tailored, easy-to-access and culturally inclusive <b>community-based supports</b> for priority and marginalised groups including <b>young adults and teens</b>.</p> <p>A range of supports including <b>peer supports</b> and <b>signposting</b> to therapy and counselling as appropriate, using a trauma-informed approach.</p> <p><b>Trauma-informed supports</b> and signposting to the next level of therapy and counselling as appropriate.</p> <p><b>Information that is accessible</b> to vulnerable people with physical &amp; sensory needs and available on mobile technology.</p> <p>Expansion of <b>SBL</b> (Suicide Bereavement Liaison) service, in line with international models.</p> <p>A <b>local level crisis plan</b> to support the suicide bereaved.</p> <p><b>Standardisation of supports</b> across urban and rural communities.</p>	<p>A collaboratively created <b>broad visual menu</b> of support services so that providers can offer the right services at the right time, to the right person within the family.</p> <p>A national and local level <b>information pack</b> for the bereaved available for first responders and FLOs (Family Liaison Officers).</p> <p><b>Immediate support</b> for the bereaved, free at the point of access.</p> <p>Tools to interpret <b>GDPR</b> (General Data Protection Regulation) to allow appropriate support service responses.</p>
<p><b>EDUCATION + AWARENESS</b></p> <p>Standardised <b>awareness training</b> for education, healthcare and family support service staff.</p> <p><b>Education campaigns</b> so that people have the language to speak about suicide bereavement.</p>	

#SuicideAfterWords  
@HUGGIreland @NSRFireland  
NSRF National Suicide Research Foundation  
HUGG  
UCC University College Cork, Ireland  
HE

**The National Self-Harm Registry Ireland**  
records hospital-presenting self-harm

National Suicide Research Foundation  
NSRF  
HUGG  
UCC  
HE

The NSRF launched a Self-Harm Registry Awareness campaign, including information sharing, informative videos and updated website material during April-June.

Find out more here:

<https://www.nsr.ie/self-harm-registry/>



NSRF researcher Kerrie Gallagher presented work on the development of an undergraduate suicide prevention curriculum for healthcare students at the UCC Medicine and Health Learning and Teaching showcase on June 16th.



Dr Grace Cully and Dr Selena O’Connell attended and presented at the Suicide and Self-harm Early and Mid-Career Researchers’ Forum in Glasgow on June 15th and 16th.

Grace and Selena presented on the following topics:

- Evaluation of a national clinical programme for the management of self-harm in hospital emergency departments.
- HUGG Ireland peer support groups for people bereaved by suicide.

The NSRF shared a research blog on What we learned about HUGG peer-support groups for people bereaved by suicide in November 2023.

A project summary report is also available here:

<https://www.nsr.ie/wp-content/uploads/2023/11/HUGG-Study-Short-Report-2023.pdf>



An NSRF paper, led by Dr Elaine McMahon, Psychosocial and psychiatric factors preceding death by suicide: A case-control psychological autopsy study involving multiple data sources was one of our most widely read papers in Suicide and Life-Threatening Behaviour in 2023 with over 2000 views.

# DELIVERABLES AND EVENTS RELATED TO NSRF PROJECTS

The NSRF’s Niall McTernan and Dr Paul Corcoran attended the first ‘Digital Mental Health Research Exchange’ on March 9th.

Projects outlined included:

- The iFightDepression Tool
- PERMANENS
- National Self-Harm Registry Ireland
- Monitoring of Self-Harm in Irish Prisons
- Analysis of ‘Text About it’ Crisis Text Service

We look forward to further collaboration in this space.

Thank you to Ian Power, CEO of Spunout, for organising!




Prof Ella Arensman, Almas Khan, Dr Aileen Callanan and Dr Anvar Sadath attended the 4th EAAD-BEST Plenary meeting on April 28th.

The meeting was held in person in Leuven, Belgium with hybrid facilities.

The NSRF and the School of Public Health welcomed Dr Karl Andriessen to UCC on Thursday 25th May.

Dr Andriessen presented on the ‘Impact of bereavement by suicide on adolescents and parents’, with over 200 people in attendance in person and online.

## SEMINAR SERIES 2023



**THE SCHOOL OF PUBLIC HEALTH AND NSRF INVITE YOU TO ATTEND OUR MAY SEMINAR presented by Dr Karl Andriessen**

All are welcome

### IMPACT OF BEREAVEMENT BY SUICIDE ON ADOLESCENTS AND PARENTS AND IMPLICATIONS FOR SUPPORT

Presented by Dr Karl Andriessen

THURSDAY 25TH May 1.15PM – 2PM

Join us in person in Lecture Room 4.05 Western Gateway Building or online via Teams

Please click on the link below to register by Wednesday 24<sup>th</sup> May.



**Karl Andriessen, PhD**, is a Senior Research Fellow at the Centre for Mental Health in The University of Melbourne, Australia. He is co-founder and Chair of the Special Interest Group on Suicide Bereavement of the International Association of Suicide Prevention and is an advisor to several projects in the field of suicide prevention and bereavement. He also serves as Associate Editor of Death Studies. In recognition of his achievements, he received several awards, such as the 2005 IASP Farberow Postvention Award. He has published widely, including “Postvention in action: The international handbook of suicide bereavement support”.



Prof Ella Arensman, Dr Caleb Leduc and Dr Mallorie Leduc attended a MENTUPP Plenary Meeting in Durres, Albania on June 8th.

Project updates including the ongoing clustered Randomised Controlled Trial of the MENTUPP Hub were discussed.



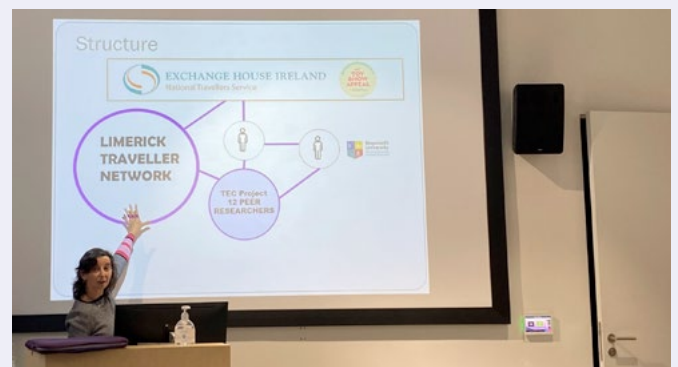
The NSRF were delighted to welcome Professor José Luis Ayuso Mateos from Universidad Autónoma de Madrid to the NSRF and the UCC School of Public Health on September 5th.

It was great to have an opportunity to discuss shared research priorities, possibilities of exchange and collaboration.

On October 5th, the NSRF hosted peer researchers from Exchange House Ireland. Such engagement is a vital part of the work of the NSRF.

Read our paper on hospital presenting self-harm and suicide-related ideation among the Traveller population here:

<https://tinyurl.com/mtwzw4w8>



On the 2nd and 3rd of November, Professor Ella Arensman and Dr Ana Contreras Navarro participated in the Plenary Meeting of the project MENTBEST.

Dr Contreras Navarro presented updates on a deliverable led by the NSRF and by NSRF Chief Scientist, Prof Ella Arensman, relating to an online survey on interventions that have proven to be effective for improving mental health disorders in vulnerable populations, with a focus on migrants and the long-term unemployed.

The hybrid meeting was organised in Frankfurt and was a major success, with agreed plans and actions for 2024. MENTBEST will implement an extended version of the European Alliance Against Depression 4-level approach, to include depression, anxiety, as well as clinical and sub-clinical aspects of mental health disorders.

## NEW FUNDING AWARDS



**In 2023, NSRF researchers were successful on the following funding applications:**

- **Dr Caroline Daly – Health Research Board Applying Research into Practice**  
Title: RESTRICT – REducing intentional overdose: a mixed methods STudy of means RestrICTion
- **Dr Isabela Troya - Health Research Board Applying Research into Practice**  
Title: *Revisiting suicide prevention in later life: human-centred approaches in an ageing Ireland*
- **Dr Eve Griffin, Dr Selena O’Connell, Prof Ella Arensman – Health Service Executive**  
Title: *Identifying the needs of young people and their families bereaved by suicide*
- **Prof Ella Arensman, Dr Eve Griffin – Horizon Europe**  
Title: *Promoting Positive Mental and Physical Health at Work in a Changing Environment: A Multi-level Approach (PROSPERH)*
- **Dr Eve Griffin – HRB Student Scholarship Scheme 2023**  
Title: *The impact of suicide bereavement on healthcare and community professionals & Gender-specific impacts of suicide bereavement in Ireland*

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## INTERNATIONAL COLLABORATIONS



In 2023, Prof Ella Arensman was a co-author on the following paper related to the impact of COVID-19 on suicide behaviour, as part of the International COVID-19 Suicide Prevention Research Collaboration (ICSPRC):

- **The coming global economic downturn and suicide: a call to action** (Nature Mental Health, April 2023)

## 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.nsrif.ie](http://www.nsrif.ie) under the About Us section and is publicly available from the Companies Registration Office website [www.cro.ie](http://www.cro.ie) and also the Charities Regulatory Authority website [www.charitiesregulator.ie](http://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.

### 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 the 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.nsrif.ie](http://www.nsrif.ie), under the About Us section and are available on the Charities Regulatory Authority website [www.charitiesregulator.ie](http://www.charitiesregulator.ie)

# PRINCIPLES OF GOOD GOVERNANCE

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

## Principle 1. Advancing the charitable purpose of our organisation

We do this by:

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

## Principle 2. Behaving with integrity

We do this by:

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

## Principle 3. Leading our organisation

We do this by:

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

## Principle 4. Exercising control over our organisation

We do this by:

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

## Principle 5. Working effectively

We do this by:

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

## Principle 6. Being transparent and accountable

We do this by:

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

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

**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 Young and Older 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  
(Resigned October 2023)

**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

**Dr Birgit Greiner**  
Vice-Dean, School of Public  
Health, University College  
Cork

**Dr Margaret Kelleher**  
General Practitioner, Cork  
Medical Director, National  
Suicide Research Foundation

**Mr James McCarthy**  
Director, Transaction Advisory  
Services, Ernst & Young Cork

**Mr Barry McGale**  
Former Suicide Liaison  
Officer, Western Health  
& Social Care Trust Derry  
Northern Ireland

**Mr Dan Neville**  
Former Teachtaire Daile  
Founding Member of Irish  
Association of Suicidology

**Mr Mark O'Callaghan**  
Solicitor, Dublin

**Mr Tom O' Dwyer**  
Former Programme Manager  
Community Care, HSE South

**Mr Daniel Flynn**  
Chartered Clinical  
Psychologist, Principal  
Psychology Manager with the  
HSE and Adjunct Professor  
at the School of Applied  
Psychology, UCC

**Dr Karen Galway**  
Senior Lecturer in Mental  
Health at Queen's University  
Belfast.

**Mr John O'Brien**  
National Traveller Mental  
Health Service Manager at  
Exchange House Ireland  
National Traveller Service

**Dr Eric Kelleher**  
Consultant Liaison  
Psychiatrist  
CUH and MUH

**Mr Derek Chambers**  
Policy Implementation Lead,  
National Mental Health  
Operations, Health Service  
Executive

## BOARD OF DIRECTORS

**Professor Eugene Cassidy**  
Consultant Liaison  
Psychiatrist, Cork University  
Hospital  
Clinical Professor, University  
College Cork  
(Resigned July 2023)

**Dr Margaret Kelleher**  
General Practitioner, Cork  
Medical Director, National  
Suicide Research Foundation

**Mr James McCarthy  
(Chairman)**  
Partner, EY Cork Transaction  
Advisory Services

**Mr Barry McGale**  
Former Suicide Liaison  
Officer at Western Health  
& Social Care Trust Derry  
Northern Ireland

**Mr Mark O'Callaghan**  
Solicitor, Dublin

**Professor Colin Bradley**  
GP and retired Professor of  
General Practice in UCC  
(Resigned September 2023)

**Mr Daniel Flynn**  
Chartered Clinical  
Psychologist, Principal  
Psychology Manager with the  
HSE and Adjunct Professor  
at the School of Applied  
Psychology, UCC

**Dr Karen Galway**  
Senior Lecturer in Mental  
Health at Queen's University  
Belfast.

**Mr John O'Brien**  
National Traveller Mental  
Health Service Manager at  
Exchange House Ireland  
National Traveller Service

**Dr Eric Kelleher**  
Consultant Liaison  
Psychiatrist CUH and MUH

## PERSONNEL IN 2023

*NOSP Funding*  
**Dr Eve Griffin**  
Chief Executive Officer  
(Appointed October 2023)  
Principal Investigator  
Research Fellow

**Ms Eileen Williamson**  
Chief Executive Officer  
(Resigned October 2023)

**Dr Paul Corcoran**  
Head of Research

**Dr Mary Joyce**  
Manager, National Self-Harm  
Registry Ireland  
Research Fellow

**Dr Katerina Kavalidou**  
Post-Doctoral Researcher

**Dr Grace Cully**  
Senior Post-Doctoral  
Researcher  
(Appointed October 2023)

**Dr Caroline Daly**  
Post-Doctoral Researcher  
(Maternity Leave March 2023)

**Dr Clíodhna O'Brien  
(O'Connor)**  
Post-Doctoral Researcher  
(Maternity Leave July 2023)

**Dr Selena O'Connell**  
Post-Doctoral Researcher

**Dr Michelle O'Driscoll**  
Post-Doctoral Researcher  
(Appointed April 2023)

**Dr Mallorie Leduc**  
Post-Doctoral Researcher

**Dr Aileen Callanan**  
Lived Experience Coordinator  
(Appointed March 2023)

**Dr Eibhlín Walsh**  
Post-Doctoral Researcher  
(Appointed September 2023)

**Dr Shelly Chakraborty**  
Data Analyst

**Ms Una O'Callaghan**  
Financial Controller  
(Appointed September 2023)

**Ms Eileen Hegarty**  
Operations Manager  
(Finance)

**Mr Niall McTernan**  
Executive Research &  
Operations Manager

**Ms Margaret Kenneally**  
Research Assistant  
Administration

**Ms Georgie O'Sullivan**  
Data Manager, National Self-  
Harm Registry Ireland

**Ms Sarah Nicholson  
(O'Meara)**  
Data Protection Officer/  
Quality Manager  
(Maternity Leave March 2023)

**Ms Kerrie Gallagher**  
Research Officer

**Mr Pawel Hursztyn**  
Research Support Officer

**Mr Leon Fan**  
IT Support Officer

*HRB Emerging Investigators  
Award*

**Dr Eve Griffin**  
Research Fellow

**Dr Selena O'Connell**  
Post-Doctoral Researcher

**Dr Grace Cully**  
Post-Doctoral Researcher

*HRB Applied Research into  
Policy and Practice*

**Dr Elaine Mc Mahon**  
Research Fellow

*PERMANENS*

**Dr Madhav Bhargav**  
Post-Doctoral Researcher

**Ms Sofia Bettella**  
Research Officer

*H2020 MENTUPP*

**Professor Ella Arensman**  
Research Professor, Chief  
Scientist

**Dr Eve Griffin**  
Research Fellow

**Ms Karen Mulcahy**  
Research Administrator

**Dr Mallorie Leduc**  
Post-Doctoral Researcher

*H2020 MHAINTAIN*

**Ms Margaret Kenneally**  
Administration Programme  
Co-ordinator

*EAAD-Best*

**Dr Aileen Callanan**  
Post-Doctoral Researcher  
(Appointed March 2023)

**Ms Almas Khan**  
Research Officer

**Dr Anvar Sadath**  
Post-Doctoral Researcher

*MENTBEST*

**Dr Ana Conteras Navarro**  
Post-Doctoral Researcher  
(Appointed September 2023)

*HEA - C-SSHRI*

**Ms Fenella Ryan**  
Research Officer  
(Maternity Leave January  
2023)

**Ms Grace Phillips**  
Research Officer  
(Appointed March 2023)

*National DBT Project*

**Ms Louise Dunne**  
Administrator

**Ms Emily Boylan**  
Research Officer

**Ms Stephanie Wall**  
Research Officer  
(Resigned July 2023)

**Dr Mary Joyce**  
Consultant

**Ms Blathin Power**  
Research Officer  
(Appointed March 2023)

*WHOCC - PAHO*

**Dr Isabela Troya**  
Post-Doctoral Researcher  
(Maternity Leave June 2023)

**Dr Aileen Callanan**  
Post-Doctoral Researcher  
(Appointed March 2023)

# DATA REGISTRATION OFFICERS

## HSE West Region

### **Eileen Quinn**

Letterkenny University Hospital

### **Monica Mitchell**

Sligo University Hospital

### **Helen Mellody & Sandra Joyce**

Portlincula University Hospital/  
University Hospital Galway

### **Maureen Mahony & Helen Mellody**

Mayo University Hospital

### **Catherine Murphy**

University Hospital Limerick/ Ennis Hospital

## HSE South Region

### **Karen Twomey**

University Hospital Kerry

### **Una Walsh & Ursula Burke**

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

### **Tricia Shannon & Deirdre Brennan**

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

## HSE Dublin/ North East Region

### **Agnieszka Biedrycka &**

### **James Camien McGuiggan**

Mater Misericordiae University Hospital, Dublin

### **Alan Boon**

Beaumont Hospital/ Connolly Hospital  
Blanchardstown/ Children's Health Ireland  
at Temple Street

### **Rita Cullivan**

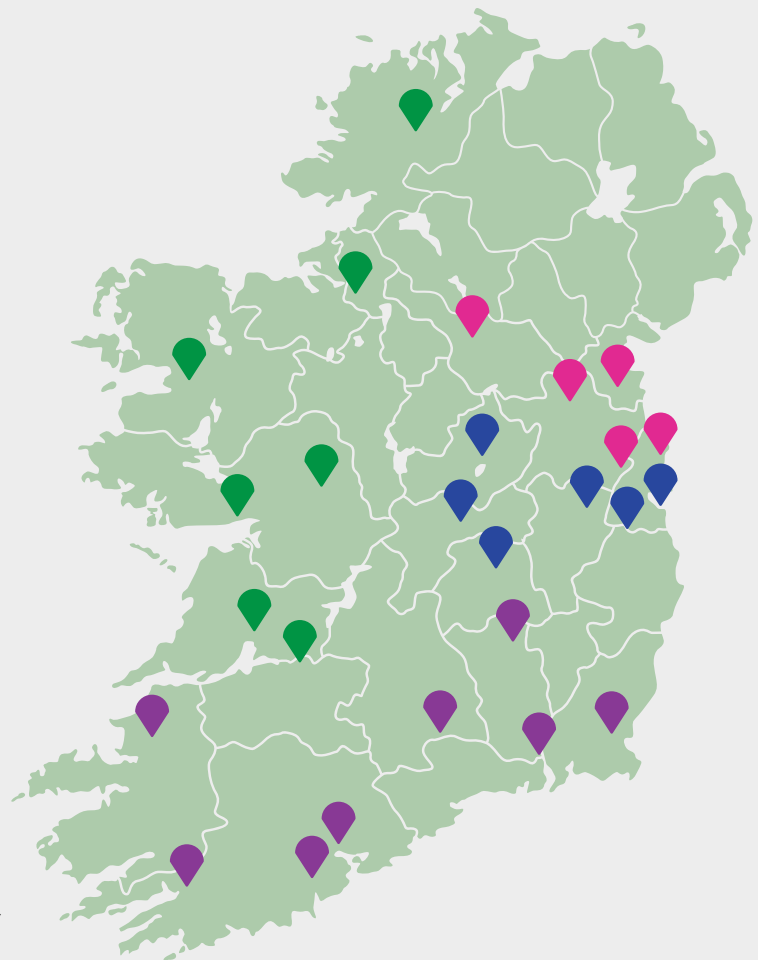
Cavan General Hospital/ Our Lady of Lourdes  
Hospital, Drogheda/ Our Lady's Hospital, Navan

### **Ciaran Cluskey-Kelly**

Our Lady of Lourdes Hospital, Drogheda

### **Rebecca Curran**

Beaumont Hospital/Cavan General Hospital



## HSE Dublin/ Midlands Region

### **Diarmuid O'Connor**

Midland Regional Hospitals (Mullingar, Portlaoise, Tullamore)/  
Naas General Hospital/ Tallaght University Hospital/ Children's  
Health Ireland at Tallaght University Hospital

### **Ciarán Cluskey-Kelly**

St Michael's Hospital, Dun Laoghaire/  
St James's Hospital, Dublin

### **James Camien McGuiggan, Claire Fahey & Rebecca Curran**

St Vincent's Hospital, Dublin

### **Edel McCarra & Alan Boon**

Children's Health Ireland at Crumlin

# EQUALITY, DIVERSITY AND INCLUSION

The **NSRF Gender Equality Plan** is available on our website. The NSRF is committed to the integration of gender in Research, Teaching and Funding.

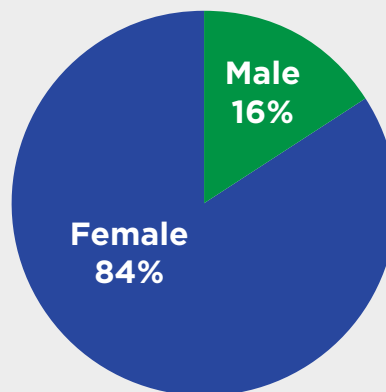
## Key activities in 2023

- As evidenced below, the NSRF offers part-time flexible roles where possible.
- The NSRF is in a strategic collaboration with UCC and as a result staff can avail of all UCC based gender equality group and communities, trainings, and courses.

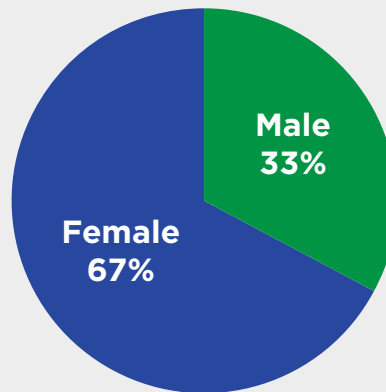
## Strategic Objectives and Actions

- Creating a gender diverse culture
- Reshaping decision-making and governance
- Developing equal career support measures
- Integrating gender in research, teaching and funding.

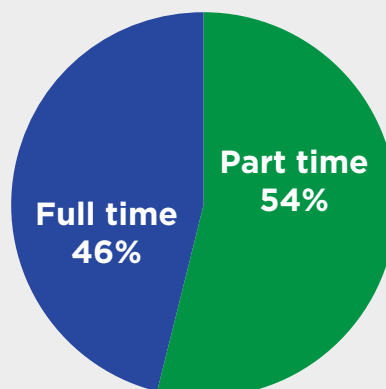
**NSRF Staff 2023**



**Senior Management**



**Time Analysis**



## 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 Observatory (SO)
- WHO Collaborating Centre for Surveillance and Research in Suicide Prevention

### National Self-Harm Registry Ireland

The National Self-Harm Registry Ireland (NSHRI) is a national surveillance system which records information on hospital-presenting self-harm at Emergency Departments in hospitals across Ireland. The NSHRI was established in 2000 by the National Suicide Research Foundation at the request of the Department of Health and Children. In 2006, the NSHRI obtained national coverage of all general and paediatric hospital Emergency Departments in the Republic of Ireland. The NSHRI is the world's first national registry of cases of intentional self-harm presenting to hospital Emergency Departments. Each year, the NSHRI publishes a report on its findings. Annual reports can be accessed here: [www.nsrif.ie/reports](http://www.nsrif.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 2023

- National Self-Harm Registry Ireland Data Briefing. Hospital-presenting self-harm during 2021. March 2023
- National Self-Harm Registry Ireland Community Healthcare Organisation (CHO) 1-9 Reports 2020. March 2023.
- National Self-Harm Registry Ireland Resource Officer for Suicide Prevention Reports 2020. June 2023.
- Meetings of Data Registration Officers from NSHRI in May and October 2023.
- Meeting of Data Registration Officers from NSHRI and Northern Ireland Registry of Self-Harm in March 2023.

#### Personnel Involved

Dr Paul Corcoran, Dr Mary Joyce, Dr Shelly Chakraborty, Ms Georgie O'Sullivan, Ms Sarah Nicholson, Mr Pawel Hursztyn, Dr James Camien McGuiggan, Mr Leon Fan, Ms Eileen Hegarty, Ms Margaret Kenneally, Ms Eileen Williamson, Dr Eve Griffin, Prof. Ella Arensman.

#### Data Registration Officers

Agnieszka Biedrycka, Alan Boon, Deirdre Brennan, Ursula Burke, James Camien McGuiggan, Ciaran Cluskey-Kelly, Rita Cullivan, Rebecca Curran, Claire Fahey, Sandra Joyce, Maureen Mahony, Monica Mitchell, Helen Mellody, Catherine Murphy, Diarmuid O'Connor, Eileen Quinn, Tricia Shannon, Karen Twomey, Una Walsh.

#### Publications in 2023

- National Self-Harm Registry Ireland Data Briefing. Hospital-presenting self-harm during 2021. March 2023.
- National Self-Harm Registry Ireland Community Healthcare Organisation (CHO) 1-9 Reports 2020. March 2023.
- White P, Corcoran P, Griffin E, Arensman E, Barrett P. The burden of attempted hanging and drowning presenting to hospitals in Ireland between 2007 and 2019: a national registry-based study. *Soc Psychiatry Psychiatr Epidemiol*;59(2):235-244
- Troya MI, Griffin E, Arensman E, Cassidy E, Mughal F, Ni Lonergan C, O'Mahony J, Lovejoy S, Ward M, Corcoran P. Hospital-presenting self-harm among older adults living in Ireland: a 13-year trend analysis from the National Self-Harm Registry Ireland. *Int Psychogeriatr*, 1-9
- Griffin E, Corcoran P, Arensman E, Kavalidou K, Perry IJ, McMahon EM. Suicide risk following hospital attendance with self-harm: A national cohort study. *Nature Mental Health*, 1 (982-989).

#### 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 36.
- 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 39.

## Northern Ireland Registry of Self-Harm

Under the Northern Ireland Suicide Strategy “Protect Life – A Shared Vision”, the Northern Ireland Registry of Self-Harm (NIRSH) was first piloted in the Western Health & Social Care Trust area in 2007. Building upon the success of this pilot project, the NIRSH was implemented across all five Health and Social Care Trusts in Northern Ireland. This extended the Registry to all 12 acute hospitals with effect from 1st April 2012. Currently, with the Protect Life 2 (PL2) 2019 – 2024, there is a long-term strategy for reducing suicides and the incidence of self-harm in Northern Ireland. The National Suicide Research Foundation provides statistical analysis, support and independent verification of data recorded by the NIRSH.

### Project Aims

- To establish the extent and nature of hospital-presenting self-harm and suicidal ideation in Northern Ireland.
- To monitor trends and patterns over time and by area.
- To inform the PHA and the Department of Health about the development of healthcare services and the provision of supports.
- To help the progress of research and prevention on self-harm and suicidal ideation.

### Key Deliverables and Outcomes in 2023

- Data pertaining to the final quarter of 2021/22 were processed and analysed. Performance figures for that quarter (Q4 2021/22) and for the full year 2021/22 were provided to the NIRSH.
- Rates of self-harm for the year 2021/22 were processed and analysed according to Local Government Districts and Trusts of Northern Ireland, and returned to the NIRSH.

- Data pertaining to the first quarter of 2022/23 were processed and analysed. Performance figures for that quarter (Q1 2022/23) were provided to the NIRSH.
- Data pertaining to a further six months of 2022/23 were processed and analysed.
- A Masterfile with data from April 2012 to March 2022 was created and sent to the PHA for onward sharing with Queen’s University Belfast for research purposes.
- Data were processed and analysed for inclusion in the Public Health Agency Director of Public Health Core Tables 2022.
- Statistical verification and quality assurance checks were completed on a two-year Annual Report for the years 2020/21 and 2021/22.

### Personnel Involved

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

## 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 (NSHPPG) 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 2023

- Peer reviewed paper based on three years of data in the International Journal of Prisoner Health (Published Q1 2023).
- Development of a sustainability plan with IPS and NOSP (Research Officer appointed Q1 2024).

### Personnel Involved

National Suicide Research Foundation: Mr Niall McTernan, Dr Paul Corcoran, Dr Eve Griffin, Dr Grace Cully, Mr Pawel Hursztyn, Ms Kerrie Gallagher.

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

### Publications in 2023

- McTernan N, Griffin E, Cully G, Kelly E, Hume S, Corcoran P (2023) The incidence and profile of self-harm among prisoners: Findings from the Self-Harm Assessment and Data Analysis Project 2017-2019. International Journal of Prisoner Health.

### Presentations/workshops related to project in 2023

- McTernan N, Griffin E, Cully G, Kelly E, Hume S, Corcoran P. Self-harm in Irish Prisons 2020-2021 Fourth report from the Self-Harm Assessment and Data Analysis (SADA) Project. National Suicide and Harm Prevention Steering Group Meeting, December 13th, 2023.

## The Suicide Observatory (SO)

The Suicide Observatory (SO) The SO was developed to obtain minimal data on probable suicide cases in real-time, initially from the Coroners of County Cork, followed by County Kerry, 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, and the World Health Organisation Collaborating Centre work programme agreement to facilitate real-time suicide data'.

### 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 2023

- Ongoing data collection in County Cork and County Kerry.
- SO data was used to inform briefings requested by the Department of Health and the HSE NOSP on deaths by probable suicide.
- SO data were used in multiple instances to validate unverified media reports of contagion.
- SO facilitated the implementation of suicide prevention measures aimed at restricting access to means at locations in Cork and Kerry 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

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

### Presentations/workshops related to project in 2023

- Presentation based on Suicide Observatory in Kerry for Resource Officers for Suicide Prevention, Donagh Hennebry, November 2023.
- Suicide Observatory presentation for Connecting for Life, Cork, October 2023.
- Suicide Observatory Advisory Panel meeting, Cork, June 2023.
- Suicide Observatory presentation for Connecting for Life, Cork, March 2023.

## 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, a further four years was awarded in 2019. Following a rigorous evaluation process in 2023, the re-designation was approved for an additional four years. The remit of WHO Collaborating centres is to conduct research and evaluation, and provide technical guidance to the WHO. The aim is to enhance countries' capacity to develop and implement national policies and plans in line with the 2013-2020 global mental health action plan. Mental health promotion, prevention, treatment and recovery services improved through advocacy, better guidance and tools on integrated mental health service are stated WHO outputs.

### Project Aims

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

### Key Deliverables and Outcomes in 2023

- In 2023, the NSRF continued the PAHO/ WHO Office in Washington collaboration: consolidation and upscaling of self-harm surveillance in Guyana, Suriname and Trinidad and Tobago.
- At the request of WHO, the NSRF reviewed the National Action Plan for Suicide Prevention in Nepal, in January 2023.
- At the request of WHO, the NSRF shared a draft of the Second National Suicide Prevention Plan for Guyana for stakeholder consultation.
- At the request of WHO, Terms of Reference were agreed for technical advice in establishing a surveillance system in Poland.
- Preparatory work for technical support to the surveillance system for monitoring suicide attempts and self-harm based on hospital admission and piloting the system in Poland.

- In 2023, the NSRF supported the development of the second national suicide prevention plan for Guyana by implementing a consultation plan, utilizing the WHO comprehensive guidance LIVE LIFE, that focuses on strategies that are feasible, practical, and based on evidence.
- At the invitation of WHO, NSRF contributed to the roundtable discussion on developmentally appropriate online mental health content for young people on October 4th.

### Personnel Involved

Prof Ella Arensman, Dr Eve Griffin, Ms Eileen Williamson, Mr Niall McTernan, Dr Isabela Troya, Ms Eileen Hegarty, Dr Aileen Callanan

### Presentations/workshops related to project in 2023

- The NSRF presented on a range of topics at the 32nd World Congress of the International Association for Suicide Prevention in Piran, Slovenia, September 20th-23rd.
- Prof Ella Arensman presented a keynote lecture on 'Implementation and Evaluation of National Suicide Prevention Strategies' at the International Academy of Suicide Research/ American Foundation for Suicide Prevention International Summit on Suicide Research in October 2023.

## Strategic Research Cluster Two

### Programme Evaluation

- Open Dialogue Mental Health Pathway Evaluation
- National Dialectical Behaviour Therapy Training Team
- Development, implementation and evaluation of a university module in suicide prevention for undergraduate health and social care students: Phase Two
- Evaluation of the CAMS (The Collaborative Assessment and Management of Suicidality) in CHO7
- Evaluating the implementation of the Talking Therapies Model of Care: a qualitative exploration of stakeholder perspectives
- The training and implementation of the Collaborative Assessment and Management of Suicidality Framework in Student Counselling Services: a mixed method evaluation
- An analysis of '50808' 24/7 Crisis Text Service anonymised texter data

### Open Dialogue Mental Health Pathway Evaluation

Open Dialogue (OD) is considered both as a therapeutic approach to support people dealing with an acute mental health crisis and a way of organising clinical care in response to the mental health crisis. OD was first introduced as a clinical care pathway to West Cork Mental Health Service in 2012 to respond to the needs of the people who experience severe and enduring mental illness. While existing research has provided information on clinical outcomes and implementation challenges, in other countries, there is still a gap in research with regards to how OD is experienced from an Irish perspective. By evaluating the experience of the mental health professionals, the service user and that of their family/ support worker we aimed to obtain real insight into how Open Dialogue as a recovery-oriented model is experienced.

#### Project Aims

The current study seeks to evaluate both the impact and implementation of OD within the West Cork Adult Mental Health Service, 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).

#### Key Deliverables and Outcomes in 2023

The study adopted a mixed-methods approach involving both quantitative and qualitative methods of data collection and analysis and comprised of three distinct phases of data collection over 8 months from September 2021 to March 2022, with an extended period of data collection taking place over two days in May 2023.

Phase 1 of the evaluation comprised of an online questionnaire inviting mental health professionals (n=7) to share their experience experiences of using OD as a clinical care model within the HSE Adult Mental Health Service. The second phase of the evaluation consisted of a focus group and telephone interviews with 'service users and their family / support network (n=14) who had availed of OD and/or TAU as part of their treatment and care whilst attending the West Cork Mental Service. Phase 3 evaluation included a retrospective file review

of patients who participated in Open Dialogue (OD) and Treatment as Usual (TAU).

Overall, the findings of the evaluation show that Open Dialogue was well received by the service users, their families and mental health professionals involved in the study. All participants, but crucially service users expressed their satisfaction with engaging in OD as a therapeutic approach and felt that OD aligned with recovery-oriented values and principles. While not statistically significant, possibly due to the smaller sample size, the OD group showed better family involvement, a lower hospital admission rate, and fewer patients requiring an increase in medication compared to the TAU group.

The draft report of the Open Dialogue project has been submitted to HSE (Edgar Lonergan, Principal Psychologist with HSE) for review and feedback on the 9th of August 2023.

#### Key Personnel

National Suicide Research Foundation: Prof Ella Arensman, Ms Eileen Williamson, Dr Anvar Sadath, Carolyn Holland, Dr Aileen Callanan

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



## National Dialectical Behaviour Therapy Training Team

The NSRF collaborates with the HSE on the implementation and evaluation of Dialectical Behaviour Therapy (DBT) in both adult and child and adolescent mental health services across Ireland. In the first phase of this work, the National DBT Project Ireland was established in 2013 through funding provided by the HSE National Office for Suicide Prevention. Following the completion of an extensive evaluation, a HSE National DBT Training team, funded by the Department of Health and HSE National Office for Suicide Prevention, was established in 2021 to deliver a national DBT training programme. A comprehensive evaluation of the newly proposed DBT training model is being undertaken.

### Project Aims

- To assess the acceptability of the newly proposed DBT training model.
- To assess the quality and effectiveness of interventions delivered by clinicians who train via the new DBT training model.
- To measure attitudinal change of clinicians who partake in this training towards the target client population(s).
- To assess the cost-effectiveness of the training model.

### Key Deliverables and Outcomes in 2023

- Data collection for the study on clinicians' attitudes was completed.
- Data collection continued and is ongoing with participants for the study which will assess the effectiveness of DBT interventions delivered by clinicians trained via the new training model.
- Two peer-reviewed articles have been accepted for publication (see below)
- Further work was advanced on manuscripts in preparation for peer-review including the overall study protocol and attitudinal change of staff towards service users with borderline personality disorder
- A comprehensive report on the work of the HSE DBT Training Team and associated research evaluation was prepared and submitted to the National Office for Suicide Prevention and Department of Health.

### Personnel Involved

Dr Mary Joyce, Ms Emily Boylan, Ms Bláthín Power, Ms Stephanie Wall, Ms Louise Dunne.

### Publications in 2023

- Flynn, D., Gillespie, C., Joyce, M., & Spillane, A. (2023). An evaluation of the skills group component of DBT-A for parent/guardians: A mixed methods study. *Irish journal of psychological medicine*, 40 (2), 143-151.
- Joyce, M., Kells, M., Flynn, D., Wall, S., Boylan, E., & Dunne, L. (In press). Dialectical behaviour therapy: effect of a coordinated training and implementation approach on programme sustainability. *Irish Journal of Psychological Medicine*.
- Joyce, M., Kells, M., Boylan, E., Power, B., Wall, S., & Flynn, D. (In press). Hopelessness for family members of individuals with borderline personality disorder. *Family Process*.

### Presentations/workshops related to project in 2023

- Kells Flynn, D., Kells, M., O'Driscoll, R., O'Brien, E., O'Shea, D., Hardiman, L., Dunne, L., Joyce, M., Boylan, E., Power, B., Wall, S., & Fruzzetti, A. (November 7th, 2023) Establishment and evaluation of a modular based approach to Dialectical Behaviour Therapy (DBT) training in Ireland. [Poster presentation]. Mental Health Services in Cork Kerry Community Healthcare Collaboration Day.
- Fruzzetti, A. (March 23th 2023) The social context of emotion dysregulation: How family skills can help reduce child and partner distress and improve relationships. [Oral Presentation]. Annual Peter Dempsey Lecture 2023, School of Applied Psychology, University College Cork.

# Development, implementation and evaluation of a university module in suicide prevention for undergraduate health and social care students: Phase Two

## Study Overview

This study is in response to 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 health and social care professions. The project follows a structured approach, consisting of four distinct phases – phase one (exploration), phase two (design), phase three (implementation) and phase four (evaluation). Phase two of the project, which commenced in 2023, has utilised a multidisciplinary approach, drawing on insights from psychology, sociology, public health, and clinical practice, as well as input from students themselves. The module has been designed to cover various aspects, including the epidemiology of suicide, risk and protective factors, assessment and safety planning techniques and intervention strategies. Moreover, the module emphasises the importance of self-care and wellbeing for students themselves. Phase three (implementation) and phase four (evaluation) are due to commence in 2024.

## Project Aims

- The primary objective of this project is to equip health and social care students with the requisite knowledge, competencies, and empathy essential for adeptly managing and appropriately supporting individuals at risk of suicide.
- The aims of the project are as follows:
  1. To examine the feasibility of the project through literature review, survey and degree course mapping (Phase 1 – completed in 2022).
  2. To design a flexible suicide prevention module for undergraduate healthcare students for implementation across all higher education institutions in Ireland (Phase 2 – completed in 2023).
  3. To pilot the module with at least one cohort of undergraduate students in the academic year 2024/2025 (Phase 3 – commencing in 2024).
  4. To evaluate the implementation of the pilot delivery (Phase 4 – commencing in 2024).

## Key Deliverables and Outcomes in 2023

- Appointed a Research Officer in January 2023.
- Formed a Consultation Group with key academic stakeholders across Higher Education Institutions.
- Designed and developed content for a blended and flexible module.
- Attended several learning design workshops with the Centre for the Integration of Research Teaching and Learning, University College Cork.
- Awarded SATLE funding to launch module and conduct a World Café.
- Disseminated module outline to key stakeholders.
- Began pilot planning (phase three and four).

## Personnel Involved

National Suicide Research Foundation: Dr Eve Griffin, Dr Michelle O'Driscoll, Ms Kerrie Gallagher, Dr Clíodhna O'Brien, Dr Paul Corcoran.

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

## Publications in 2023

- Gallagher K, O'Brien C, O'Driscoll M, Ní Dhálaigh D, Corcoran P, Griffin E (2023). Suicide prevention curriculum development for health and social care students: Protocol for a scoping review. *PloS ONE* 18(12): e0285231.

## Presentations/workshops related to project in 2023

- O'Brien, C, Gallagher K, O'Driscoll, M, O'Neill, A, Corcoran, P, Dodd, P, Griffin, E. (2023). Developing a suicide prevention training module for undergraduate healthcare students. College of Medicine and Health, Learning and Teaching Showcase, Ireland, 16th June 2023.
- O'Brien, C, Gallagher K, O'Driscoll, M, O'Neill, A, Corcoran, P, Dodd, P, Griffin, E. (2023). Developing a suicide prevention training module for undergraduate healthcare students. College of Medicine and Health Futures Research Conference, Ireland, 21st September 2023.
- O'Brien, C, Gallagher K, O'Driscoll, M, O'Neill, A, Corcoran, P, Dodd, P, Griffin, E. (2023). The design and development of a national suicide prevention training module for undergraduate students enrolled in health and social care professions. International Association for Suicide Prevention, Slovenia, 21st September 2023.

## Evaluation of the CAMS (The Collaborative Assessment and Management of Suicidality) in CHO7

### Study Overview

Collaborative Assessment and Management of Suicidality (CAMS) is an evidence-based, suicide-specific therapeutic framework for suicide-specific assessment and the treatment of suicidal risk for patients. Training on the CAMS framework has been delivered to clinicians in the Health Service Executive (HSE) Community Healthcare Organization 7 (CHO7), Kildare/West Wicklow, Dublin West, Dublin South City and Dublin Southwest, Ireland. The purpose of this project is two-fold and includes an evaluation of the training and delivery of CAMS from the perspective of clinicians (Clinician Evaluation) and an evaluation of patient outcomes following receipt of the CAMS framework (Patient Evaluation).

### Project Aims

Clinician Evaluation aims:

1. To assess changes in the attitudes and confidence among clinicians after the CAMS training.
2. To assess clinicians' levels of satisfaction, acceptability, appropriateness, and feasibility of the CAMS framework.

### Patient Evaluation aims:

1. To investigate whether CAMS reduces suicidal ideation and behaviours in patients.
2. To identify if CAMS reduces auxiliary mental health outcomes.
3. To review the follow-up care of patient's post-treatment.
4. To examine if CAMS results in increased service engagement.

### Key Deliverables and Outcomes in 2023

- Ethical approval was obtained for CAMS framework delivery in 2023.
- Delivery of CAMS training and framework to clinicians.
- Engagement with participating clinicians to enhance clinician buy-in to the CAMS framework.
- Circulation of the baseline survey to participating clinicians prior to CAMS training.

### Personnel Involved

National Suicide Research Foundation: Dr Eibhlin Walsh, Dr Cliodhna O'Brien, Dr Paul Corcoran.

HSE National Office for Suicide Prevention: Ms. Ailish O'Neill, Ms. Niamh Crudden, Ms. Niamh McGuinness.

## Evaluating the implementation of the Talking Therapies Model of Care: a qualitative exploration of stakeholder perspectives

### Study Overview

The *Model of Care for Adults Accessing Talking Therapies while Attending Specialist Mental Health Services* was published in April 2021 by HSE Mental Health Services, 2021. The aims of this national Model of Care include enhancing access to relevant therapies, improving safety and quality in service delivery, and improving effectiveness and enhanced experience for service users. The Model of Care is being rolled out on a phased basis, currently implemented by five participating teams representing different CHOs, using a hub and spoke model. Funded by HSE Mental Health Operations, this project involves the evaluation of this pilot phase of implementation of the Model of Care. It is a qualitative study involving site visits, semi-structured interviews, an online survey.

### Project Aims

The aim of this project is to evaluate the initial implementation of the Talking Therapies Model of Care. The specific objectives are to:

- Gather and report on baseline information from the participating CHO areas (phase 1).
- Describe the experiences of teams implementing the model of care and to identify the factors contributing to implementation (phase 2).
- Develop a monitoring and evaluation plan in collaboration with local team members (phase 3).

### Key Deliverables and Outcomes in 2023

Commencing in August 2023, the project will be conducted over 11 months. The four key research deliverables are:

1. Phase 1 report (achieved in October 2023).
2. Monitoring and evaluation plan.
3. Final report.
4. Peer-review publication.

### Personnel Involved

National Suicide Research Foundation: Dr Eve Griffin, Dr Mary Joyce Dr Grace Cully, Dr Selena O'Connell.

HSE Mental Health Operations: Derek Chambers, Paul Longmore, Aisling Duffy

### Publications in 2023

- O'Connell S, Joyce M, Fahey C, Cully G, Griffin E. Adults Accessing Talking Therapies while Attending Specialist Mental Health Services: Evaluation of the pilot implementation of the Model of Care, Report from Phase 1. National Suicide Research Foundation, October 2023.

## The training and implementation of the Collaborative Assessment and Management of Suicidality Framework in Student Counselling Services: a mixed method evaluation

### Study Overview

Suicide is one of the leading causes of death in young people aged under 25 years. This cohort are also at a greater risk of experiencing suicidal ideation and behaviours which predicts future suicide and suicide attempts. In Ireland, the National Student Mental Health and Suicide Prevention Framework outlines that third-level student services must use appropriate evidence-based interventions to support the range of presentations to student counselling services. The aim of this research was to explore staff experiences of using a suicide specific assessment and intervention tool, The Collaborative Assessment and Management of Suicidality (CAMS) in student counselling services in Ireland.

### Project Aims

Employ the RE-AIM Framework to understand the training and sustainable implementation of the CAMS approach and investigate the experience and opinions of student counselling staff.

### Key Deliverables and Outcomes in 2023

- Review the literature on the implementation and effectiveness of CAMS, specifically within the higher education setting.
- Obtain ethical approval for proposed research.
- Conduct an online survey with student counselling services staff to examine the implementation of the CAMS framework in student counselling services nationally.
- Analyse the data obtained from the online survey.
- Conduct a short follow-up interview with a sub-group of the survey respondents to expand on findings from the survey.

- Analyse the data obtained from the interviews.
- Produce a report on the findings from the survey and follow-up interviews.

### Personnel Involved

National Suicide Research Foundation: Dr Clíodhna O'Brien, Ms Grace Phillips, Dr Eve Griffin, Grace Cully.

### Presentations/workshops related to project in 2023

- Phillips G, O'Brien C, Cully G, Griffin E. NSRF and Higher Education: Addressing Actions from Connecting for Life. Healthy Campus National College Students' Mental Health and Wellbeing Conference on April 20th, 2023.
- Phillips G, O'Brien C, Cully G, Griffin E. Psychological Counsellors in Higher Education Workshop: The Wonder of being a Practitioner-Researcher in a Student Counselling Service December 4th, 2023.

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## 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 analysed pre-existing and routinely collected aggregate data associated with individual text conversations over a 12-month period: 01/01/2021 to 31/12/2021, including; service platform data (time/date), conversation issue tags (as recorded by helpline volunteers), and demographic classifiers (as self-reported by texters in the voluntary post-conversation survey).

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

This is the first such analysis of aggregate texter data from 50808 and the findings may be used to shape future service delivery, to inform public policy and to facilitate a deeper understanding of crisis support need in Ireland and the role technology can play.

### Project Aims

- Explore 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.

### Key Deliverables and Outcomes in 2023

- Presentation at 32nd World Congress of the International Association for Suicide Prevention

### Personnel Involved

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

50808: Ian Power, Simon Jones

### Presentations/workshops related to project in 2023

- Ryan F, Puértolas Gracia B, McTernan N, Power I, Corcoran P. Advancing Suicide Prevention in Ireland; An Analysis of the '50808' 24/7 Crisis Text Service. 32nd World Congress of the International Association for Suicide Prevention in Piran, Slovenia, September 20th-23rd.

## Strategic Research Cluster Three

### Assessment and Management of Self-Harm and Depression

- Self-Harm Assessment and Management programme for General Hospitals (SAMAGH)
- Emerging Investigators Award (PRISM)
- EAAD-Best
- MENTBEST 'Protecting Mental Health in Times of Change'
- PERMANENS

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

SAMAGH is an advanced training program designed to improve the assessment, management, and support of high-risk self-harm patients. The program consists of two parts: an E-Learning program and a one-day face-to-face simulation training course facilitated by experienced clinicians. Developed by Prof. Ella Arensman and an interdisciplinary team, SAMAGH was funded by the HRB and HSE's National Office for Suicide Prevention. In November 2019-2022, 50 healthcare professionals participated, including clinical nurse specialists, psychiatry registrars, and non-clinical hospital doctors. The program focuses on improving the assessment and management of individuals engaging in frequent self-harm repetition. The SAMAGH training was initially delivered to 35 healthcare professionals in Ireland between 2019-2021 to improve the assessment and management of high-risk self-harm. Further support from HSE's NOSP extended the SAMAGH training to two more hospital staff groups (CNSs, NCHDs, psychiatry registrars) in 2022 and 2023, to provide General Practitioners in Ireland with the same training.

#### 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 on assessment and management of self-harm patients.

#### Key Deliverables and Outcomes in 2023

- On the 14th and 15th of December 2023, SAMAGH training was provided to five healthcare professionals, particularly those working as clinical nurse specialists in the Emergency Departments across general

hospitals in Ireland. The training included e-learning modules and face-to-face simulation training at the ASEERT Centre, UCC. Professor Ella Arensman, Professor Eugene Cassidy, Dr. James O'Mahony, Dr. Eric Kelleher, and James Kinahan facilitated the sessions. The training also included a pre-post assessment survey to measure the outcomes as standard measures for SAMAGH training. The training was CPD-approved by the Nursing and Midwifery Board of Ireland (NMBI), and certificates were issued to all the participants.

#### Personnel Involved

National Suicide Research Foundation and University College Cork: Prof Ella Arensman, Dr James O'Mahony, Dr Eric Kelleher, Dr Anvar Sadath, Ms Almas Khan, and Dr Aileen Callanan.

Cork University Hospital: Prof Eugene Cassidy.

Mercy University Hospital: Dr James Kinahan

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

## Study Overview

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 run until August 2024.

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.

## 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 the National Clinical Programme for Self-harm and Suicide-Related Ideation (NCP SHI) on patient outcomes, processes of care and economic savings.
- Identify the determinants contributing to the implementation of this Clinical Programme across Irish hospitals.

## Key Deliverables and Outcomes in 2023

- Peer-reviewed paper on the impact of the NCP SHI on patient outcomes and provision of care (Published December 2023).
- Presentation of findings on impact of the programme to NCP SHI staff network (June 2023)
- Interview data collection (April 2023) and analysis (December 2023) to examine the implementation determinants of the NCP SHI.
- Two oral presentations at the 32nd World Congress of the International Association for Suicide Prevention (September 2023).
- Presentation of implementation determinant findings and feedback from NCP SHI network (October 2023).

## Personnel Involved

Principal investigator: Dr Eve Griffin.

Post-doctoral Researchers: Dr Grace Cully, Dr Selena O'Connell.

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

## Publications in 2023

- Griffin E, Corcoran P, Arensman E, Kavalidou K, Perry IJ, McMahon EM. (2023). Suicide risk following hospital attendance with self-harm: A national cohort study. *Nature Mental Health*, 1 (982-989).
- Cully G, Corcoran P, Gunnell D, Chang SS, McElroy B, O'Connell S, Arensman E, Perry IJ, Griffin E. (2023). Evaluation of a national clinical programme for the management of self-harm in hospital emergency departments: Impact on patient outcomes and the provision of care. *BMC Psychiatry*, 23(1).

## Presentations/workshops related to project in 2023

- Griffin E, Cully G, O'Connell S. Evaluation of a national clinical programme for the management of self-harm in hospital emergency departments: PRISM. National Clinical Programme for Self-Harm and Suicide-related Ideation monthly session, June 20th, 2023.
- Cully G, Corcoran P, Gunnell G, Chang SS, McElroy B, O'Connell S, Griffin E. Evaluation of a national clinical programme for the management of self-harm in hospital emergency departments. 7th Suicide & Self-harm Early & Mid-Career Researchers' Forum, Glasgow, June 16th, 2023.
- O'Connell S, Cully G, McHugh S, Maxwell M, Jeffers A, Kavalidou K, Lovejoy S, Griffin, E. Implementation of a national programme for people presenting to emergency departments with self-harm and suicide-related ideation: a qualitative study of implementation determinants. 6th UK and Ireland Implementation Science Research Conference, Limerick, July 13th - 14th 2023.
- Cully G, Corcoran P, Joyce M, Daly C, Griffin E. Discharged from the emergency department following self-harm: referral patterns and risk of repeated self-harm. 32nd World Congress of the International Association for Suicide Prevention, Piran, September 20th-23rd 2023.
- Cully G, O'Connell S, Corcoran P, McHugh S, Jeffers A, Arensman E, Griffin E. The impact and implementation of a national clinical programme for the management of self-harm in emergency departments. 32nd World Congress of the International Association for Suicide Prevention, Piran, September 20th-23rd 2023.
- Cully G, O'Connell S, Griffin E. Evaluation of a national clinical programme for the management of self-harm in hospital emergency departments, World Mental Health Day Seminar, National Suicide Research Foundation, Cork, October 10th, 2023.
- O'Connell S, Cully G, Griffin E. A qualitative study of factors affecting implementation of the NCP SHI: Findings and feedback (PRISM Study). National Clinical Programme for Self-Harm and Suicide-related Ideation Networking Day, October 25th, 2023.
- Cully G, Corcoran P, Joyce M, Daly C, Griffin E. Discharged from the emergency department following self-harm: referral patterns and risk of repeated self-harm. Resource Officers for Suicide Prevention (ROSP) Information Session, November 12th, 2023.

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

### Study Overview

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 organisations 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-Best has two overarching aims:

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

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

### Key Deliverables and Outcomes in 2023

- EAAD-Best launch seminar held in March 2023. The event was officially inaugurated by the Deputy Mayor of Cork City. The event garnered significant attendance, with over 30 stakeholder representatives in attendance and speakers from general practice, coroners' office, police officers, youth workers, individuals with lived experiences, and experts in suicide prevention.
- Level 3 train the trainer program for the clergy group was organised in collaboration with ColMindMatters focused on mental health and suicide prevention. The training covered important topics such as improving awareness and care for people with depression and suicide bereavement support.
- The EAAD Best Team Ireland conducted a Train the Trainer program on mental health and suicide prevention for the prison officers in Midland Prison Services on November 7th, 2023.
- Two separate Train the Trainer programme on mental health and suicide prevention for Emergency Department nurses from the south, east and midlands regions on November 16th, 2023, at the Rochestown Park Hotel in Cork.

- Posters were displayed at 34 bus shelter sites across Cork and Kerry for 2 weeks from 18th to 31st December 2023. This period was strategically chosen due to consistently high prevalence rates of self-harm over the Christmas period.
- Irish representation at the EAAD-Best end of project stakeholders' event in Brussels along with two external representatives.

### Personnel Involved

Prof Ella Arensman, Almas Khan, Aileen Callanan, Anvar Sadath Vakkayil, Mallorie Leduc, Grace Cully, Niall McTernan, Ms Eileen Williamson, and Eileen Hegarty

### Publications in 2023

- Commentary paper in final stages of publication in the Nature journal titled: "An Evidence-Based Approach to Depression and Suicidal Behavior during Public Health Emergencies: The Four-level Community-based Intervention of the European Alliance Against Depression (EAAD)"

### Presentations/workshops related to project in 2023

- Arensman E. Preventing suicide and self-harm via improving awareness and care for people with depression: an evidence-based approach. EAAD-BEST Launch Seminar, March 2nd, 2023.
- Callanan A. An Evidence-Based Approach to Depression and Suicidal Behavior during Public Health Emergencies: The Four-level Community-based Intervention of the European Alliance Against Depression (EAAD), College of Medicine and Health Futures Research Conference, September 2023.

## MENTBEST ‘Protecting Mental Health in Times of Change’

### Study Overview

MENTBEST is an action focused research project on mental health, funded by the European Union’s Horizon 2020 research and innovation program (project number 101080651; mentbest.com) and led by the European Alliance Against Depression.

MENTBEST aims to enable vulnerable individuals in society, mental health practitioners, and communities across Europe to prevent and mitigate mental health challenges (clinical and non-clinical) related to the negative impact of rapid changes that our society faces, such as economic crisis, war and conflict, climate change, migration, digitalisation, epidemics/pandemics, ageing, and demographic change.

To address these mental health challenges, MENTBEST builds on the widely deployed and scientifically proven community-based 4-level intervention programme of the European Alliance Against Depression. This intervention programme tackles clinical depression and suicide and will be expanded in the MENTBEST project to include sub-diagnostic mental health problems such as depressive symptoms and mental distress. Thus, the objective of MENTBEST is to prevent suicide, reduce the burden of depression, and improve wellbeing in these communities.

The expanded intervention programme will consist of a range of individual and community level activities and focus on the general population as well as five vulnerable groups (migrants/refugees, older people, younger people, long-term unemployed, and those with mental disorders). During the MENTBEST project, the programme will be implemented and tested in five different countries (Ireland, Estonia, Albania, Spain and Greece).

### Project Aims

- Implementing the community-based 4-level intervention programme of the European Alliance Against Depression.
- Development of the intervention to address sub-diagnostic mental health problems such as depressive symptoms and mental distress.
- Addition of vulnerable sub-groups including migrants/refugees, older people, younger people, long-term unemployed, and those with mental disorders.

### Key Deliverables and Outcomes in 2023

- Establish a representative sample of stakeholders and recruit as co-creators.
- Development of COMBINA intervention for sub clinical mental disorders and vulnerable groups.
- Ethical approval for COMBINA intervention.
- Co-ordinate implementation of the COMBINA intervention.

### Personnel Involved

Professor Ella Arensman, Dr Ana Contreras Navarro, Aileen Callanan, Almas Khan.

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## PERMANENS (Personalized Clinical Management of Self-Harm)

### Study Overview

PERMANENS aims to incorporate data-driven risk assessment and evidence-based care components into emergency clinical care for individuals with self-harm.

### Project Aims

- The PERMANENS research project aims to create a medical software prototype that assists clinicians in delivering personalized assessments and care to patients arriving at the emergency department with a heightened risk of self-harm or suicide.
- This software will harness the power of AI to provide precise risk assessments and access evidence-based information, enabling the identification of effective treatment options tailored to each patient’s unique needs and risk profile.

### Key Deliverables and Outcomes in 2023

- The key deliverable for 2023 was to initiate the implementation research phase led by UCC and NSRF (WP7). For this, we established user-advisory groups including persons with lived experience as well as clinicians, to obtain the necessary knowledge and insights throughout the project. The UAGs will commence in January 2024.

### Personnel Involved

Prof. Ella Arensman, Dr Madhav Bhargav, Ms Sofia Bettella.



## Strategic Research Cluster Four

### Suicide and Self-Harm among Young and Older People

- Applying Research into Policy and Practice Award - Youth self-harm and suicide - Predictors of onset, escalation and premature mortality
- Examining individual and psychosocial determinants of self-harm and suicidality in older adults: improving risk assessment and management (SHOAR)

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

##### Study Overview

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

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

##### Key Deliverables and Outcomes in 2023

- An article was published in Nature Mental Health arising from our national cohort study to quantify long-term risk of suicide following self-harm.
- Work continued on NOSP funded study “The Role of Humiliation in Suicidality in Ireland’s Youth. A Mixed Method Study, resulting in one new publication in 2023.
- Our study examining profiles of suicide in terms of socio-demographics, antecedent stressors and with history of self-harm was completed and submitted to Journal of Affective Disorders. This study used the data of the Irish Probable Suicide Deaths Study, linked with National Self-Harm Registry Ireland data.
- An editorial was published in Frontiers in Psychiatry entitled “Suicide and self-harm in young people”.
- Arising from the Saving and Empowering Young Lives in Europe study, a study was completed examining the effectiveness of school-based interventions for preventing psychotic experiences, and an article published in BMC Public Health.

##### 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 2023

- Staines, L., Healy, C., Corcoran, P., Keeley, H., Coughlan, H., McMahon, E., ... & Cannon, M. (2023). Investigating the effectiveness of three school based interventions for preventing psychotic experiences over a year period—a secondary data analysis study of a randomized control trial. *BMC public health*, 23(1), 1-12.
- McMahon EM, Hemming L, Robinson J and Griffin E (2023) Editorial: Suicide and self-harm in young people. *Front. Psychiatry* 13:1120396. doi: 10.3389/fpsy.2022.1120396
- Wiggan, D., McMahon, E., McNicholas, F., & Griffin, E. (2023). Age of first self-harm act in childhood and adolescence: A scoping review protocol. *HRB open research*, 6.
- Griffin, E., Corcoran, P., Arensman, E., Kavalidou, K., Perry, I. J., & McMahon, E. M. (2023). Suicide risk following hospital attendance with self-harm: a national cohort study in Ireland. *Nature Mental Health*, 1(12), 982-989.

##### Presentations/workshops related to project in 2023

- McMahon, E. “Suicide in individuals with and without prior hospital-treated self-harm: a national retrospective cohort study examining demographic and psychiatric factors and precipitant stressors”. Oral presentation, International Association of Suicide Prevention, Piran, Slovenia, 21st September 2023.
- McMahon, E. “Suicide and hospital-treated self-harm in Ireland: Two national studies using data linkage” World Mental Health Day Seminar, UCC, 10th October 2023.
- McMahon, E. “Mental Health Promotion in Children and Adolescents”. Lecture 7th November 2023, School of Public Health, UCC.

## Examining individual and psychosocial determinants of self-harm and suicidality in older adults: improving risk assessment and management (SHOAR)

SHOAR is a two-year study led by Dr Isabela Troya, funded by a Government of Ireland Postdoctoral Fellowship which commenced in May 2022. Self-harm, the act of harming oneself, is an increasing societal concern worldwide. Annually in Ireland, more than 400 people die by suicide and a further 12,500 present to hospital following self-harm, of which approximately 15% are older adults (aged >60). Worldwide, the age group that is most likely to die by suicide is represented by older adults, in particular men. In Ireland, there is limited research examining self-harm and suicide in older adults. Specifically, the profile of older adults who self-harm is not well known, or what factors affect older people who self-harm.

### Project Aims

- To examine individual and psychosocial determinants of self-harm in older adults to improve risk assessment and management of self-harm in later life.
- To gain a better understanding of self-harm in older adults, and to inform policy, patients, clinicians, and the Irish healthcare system, this study will examine the factors that lead to older adults hurting themselves.

This is a multi-method study, using two large national databases (National Self-Harm Registry Ireland from the National Suicide Research Foundation and The Irish Longitudinal Study of Ageing from Trinity College Dublin) combined with primary research (interviewing health practitioners who support older adults).

### Key Deliverables and Outcomes in 2023

- Publication in International Psychogeriatrics
- Paper on patterns of Hospital Presenting Suicide-Related Ideation in Older Adults before and during COVID-19 submitted to Archive of Suicide Research

### Personnel Involved:

Principal Investigator: Dr Isabela Troya.

Members of the Steering Group.

- NSRF: Prof Ella Arensman, Dr Paul Corcoran, Dr Eve Griffin.
- External: Dr Robert Briggs and Dr Mark Ward (Trinity College Dublin), Prof Eugene Cassidy and Dr Caoimhe Ni Lonergan (Cork University Hospital), Sally Ann Lovejoy and Prof Vincent Russell (National Clinical Programme for Self-Harm, HSE), Dr James O Mahony (School of Nursing, UCC), Dr Faraz Mughal (Keele University).

### Publications in 2023

- Hospital-presenting self-harm among older adults living in Ireland: a 13-year trend analysis from the National Self-Harm Registry Ireland. Troya MI, Griffin E, Arensman E, Cassidy E, Mughal F, Ni Lonergan C, O'Mahony J, Lovejoy S, Ward M, Corcoran P. International Psychogeriatrics 16:1-9

## Strategic Research Cluster Five

### Clinical subgroups

- Early Identification of Suicide and Self-Harm Risk and Comorbid Mental and Physical Disorders (MHAINTAIN)
- Understanding the mental health challenges, service needs and potential interventions for women from the Traveller community presenting to Emergency Departments with suicidal ideation in Ireland

## Early Identification of Suicide and Self-Harm Risk and Comorbid Mental and Physical Disorders: An Interdisciplinary Training, Research, and Intervention Programme (MHAINTAIN)

### Study overview

The National Suicide Research Foundation and the School of Public Health UCC have initiated a new research training programme, MHAINTAIN. MHAINTAIN will address the need for doctoral training and career paths, to improve early identification and intervention of self-harm and suicide risk. The MHAINTAIN research training programme includes four Doctoral Projects, with five PhD Scholars. MHAINTAIN will offer a representative range of research designs and methodological approaches. The interdisciplinary Consortium will develop enhanced and tailored treatment interventions for people with psychiatric and physical comorbidity and long-term PTSD, bringing forward novel insights and evidence-based interventions to assist patients with chronic illness.

### Project Aims

MHAINTAIN aims to improve capacity building in early identification and assessment of suicide and self-harm risk, and to develop evidence-based interventions cross-cutting patient focused research, health services research and population health research.

### Key Deliverables and Outcomes in 2023

- Completion of national placement.
- Completion of two review panels with SPHeRE and UCC.
- Submission of protocol papers- see listed below.
- Ongoing delivery of the MHAINTAIN Thematic trainings.

### Personnel Involved

- Professor Ella Arensman- PI: School of Public Health UCC and The National Suicide Research Foundation.
- Margaret Kenneally- Research Assistant: School of Public Health UCC and The National Suicide Research Foundation.

- Doireann Ní Dhalaiigh- PhD Scholar: School of Public Health UCC.
- Almas Khan- PhD Scholar: School of Public Health UCC.
- Daisy Wiggin- PhD Scholar: School of Public Health UCC.
- Pawel Hursztyn- PhD Scholar: School of Public Health UCC.

### Presentations/workshops related to project in 2023:

- Second Webinar of the MHAINTAIN Research Training Network, Tuesday 28th March 2023.

Presentation by: Dr Kirsten Barnicot, School of Health & Psychological Sciences Department of Health Services Research and Management, City University of London.

Topic: Childhood trauma and comorbid mental health conditions among people with self-harm.

## Understanding the mental health challenges, service needs and potential interventions for women from the Traveller community presenting to Emergency Departments with suicidal ideation in Ireland

The Department of Health, under the Women's Health Fund Mental Health Initiatives, has funded the National Clinical Programme for Self-harm and Suicide-related ideation (NCPSHI), having the only nationwide emergency department (ED) database of suicidal ideation and self-harm referrals capturing ethnicity information, to work on a research project focused on Irish Traveller women attending EDs with thoughts of suicide or thoughts of self-harm. Main objective was to embed Women's Health Taskforce priorities and support implementation of interventions identified through research relating to Traveller women's suicidal crisis. Due to delays in ethical approvals in summer 2023, the project has continued in 2024.

### Project Aims

- Irish Traveller women have higher rates of self-harm and suicide-related ideation, compared to White Irish women (3.04 higher rates for suicide-related ideation and 3.85 higher rates for self-harm), the aim of this study is to explore the experiences of Traveller women reaching Irish EDs for thoughts of self-harm or suicide.

### Key Deliverables and Outcomes in 2023

- A qualitative study design and more specifically Interpretative Phenomenological Analysis (IPA) (Smith 2013) was adopted in this project, to allow for a deep contextualised understanding of the phenomenon. Interviews were conducted between October-November 2023 and findings are

currently being analysed. Given the small number of recruited participants, the project developed a mixed method methodology, in addition to the IPA analyses, exploring the Traveller women national ED presentations for a suicidal crisis between 2018-2022 (NCPSHI data). All outcomes will be disseminated and published in summer 2024.

### Personnel Involved

Dr Kavalidou Katerina (Principal Investigator)

### Presentations/workshops related to project in 2023

- Poster presentation: 2023 IASR/AFSP International Summit on Suicide Research, Barcelona, October 15-18, 2023.

## Strategic Research Cluster Six

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

- Development of a mental health and wellbeing module for veterinary professional students
- Impact of Patient Suicide on Psychiatrists in Ireland
- Mental Health Promotion and Intervention in Occupational Settings (MENTUPP)

## Development of a mental health and wellbeing module for veterinary professional students

### Study Overview

The Minding Your Wellbeing (MYW) programme is an evidence-based, mental health promotion programme recommended by the HSE, which focuses on self-care, resilience, mindfulness, and gratitude. Collaborators from the NSRF, NOSP and HSE Mental Health and Wellbeing adapted and delivered the MYW programme as a mental wellbeing module for first-year veterinary science students. This project aims to evaluate the impact of the module on students' mental health and wellbeing awareness and skills and to explore students' perspectives on the content and the appropriateness of the module.

### Project Aims

- To measure any changes to students' mental health and wellbeing awareness, attitudes, and skills from pre- to post-module.
- To explore student perspectives on the module material and methodologies.

### Key Deliverables and Outcomes in 2023

- Adaption and re-design of the MYW programme for the development of a curriculum-based, professional wellbeing module.
- Delivery of module to year 1 veterinary science students.
- Delivery of pre- and post-module surveys and

finalisation of pre- and post-module samples.

### Personnel Involved

National Suicide Research Foundation: Dr Eibhlin Walsh, Dr Cliodhna O'Brien, Dr Paul Corcoran.

HSE National Office for Suicide Prevention: Ms Ailish O'Neill.

HSE: Dr Aleisha Clarke.

University College Dublin: Dr Pamela Kelly, Dr Niamh Nestor.

## Impact of Patient Suicide on Psychiatrists in Ireland

### Study Overview

Psychiatrists are mental health professionals who experience greater incidence of patient death by suicide, which is a distressing occupational event associated with far-reaching impacts on professional practice and wellbeing. The present study aimed to investigate how patient suicide affects the personal and professional lives of consultant and non-consultant psychiatrists in Ireland, and what resources/systems psychiatrists would find helpful in mitigating the impact of a patient suicide. A survey informed by previous research was disseminated to members of the College of Psychiatrists of Ireland.

### Project Aims

- To investigate how patient suicide affects the emotional well-being and clinical practice of psychiatrists.
- To identify the resources that psychiatrists would find helpful before and after the suicide of a patient.
- To explore psychiatrists' attitudes to suicide and suicide prevention, and their perceptions of institutional and societal pressures.

### Key Deliverables and Outcomes in 2023

- Data processing and analysis completed.
- Manuscript for peer-reviewed journal publication drafted and circulated to co-authors for feedback.

### Personnel Involved

National Suicide Research Foundation: Dr Eibhlin Walsh, Dr Cliodhna O'Brien, Dr Paul Corcoran.

HSE National Office for Suicide Prevention: Prof Philip Dodd.

CPI: Dr Aoibhinn Lynch, Prof Anne Doherty.

## MENTUPP: Mental Health Promotion and Intervention in Occupational Settings

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. 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 2023

- February 2023 [M38] WP9: Completion implementation optimised MENTUPP intervention
- March 2023 [M39] cRCT 6-month data collection
- June 2023 [M42] cRCT 9-month data collection, Plenary Meeting
- Nov 2023 [M47] WP9: D9.3 Recommendations for further optimisation of the MENTUPP intervention and implementation
- Nov 2023 [M47] WP9: Facilitate access to the optimised MENTUPP intervention programme for the SMEs allocated to the control condition
- Dec 2023 [M48] Final Conference and Plenary Meeting
- March 2024 Final EU Project Review Meeting

### Personnel Involved

National Suicide Research Foundation: Prof Ella Arensman, Dr Paul Corcoran, Dr Eve Griffin, Ms Eileen Williamson, Ms Eileen Hegarty, Dr Mallorie Leduc

Partner Organisations: University College Cork (UCC), University of Stirling (UStirling), St Mary's University Twickenham (SMU), Semmelweis University (SEM), European Alliance Against Depression (EAAD), Per Mendje Te Shendoshe (PMSH), Qendres se Shendetit Dhe Mireqenieskomunitare (CCHW), Griffith University (AISRAP), International Association for Suicide Prevention (IASP), Katholieke Universiteit Leuven (KU Leuven), Terveystieteiden Seuran Tutkimuskeskus (THL), Det Nationale Forskningscenter For Arbejdsmiljø (NRCWE), Stichting Kenniscentrum Phrenos (PHRENOS), Consorcio Mar Parc de Salut de Barcelona (IMIM), Pintail Ltd, Mates in Construction Ltd, London School of Hygiene and Tropical Medicine Royal Charter (LSHTM).

### Publications in 2023

- Tóth MD, Ihionvien S, Leduc C, Aust B, Amann B, Cresswell-Smith J, Reich H, Cully G, Sanches S, Fanaj N, Qirjako G, Tsantila F, Ross V, Mathieu S, Cerga Pashoja A, Arensman E, Purebl G, and the MENTUPP Consortium (2023). Evidence for the effectiveness of interventions to reduce mental health related stigma in the workplace: a systematic review. *BMJ Open* 13:e067126.
- Tsantila F, Coppens E, De Witte H, Abula K, Amann B, Arensman E, Aust B, Cresswell-Smith J, D'Alessandro L, De Winter L, Doukani A, Fanaj N, Greiner B, Griffin E, Leduc C, Maxwell M, O' Connor C, Paterson C, Purebl G, Reich De Paredes H, Van Weeghel J, Van Audenhove C. Developing a framework for evaluation: A Theory of Change for complex workplace mental health interventions. *BMC Public Health* 23, 1171 (2023).
- Fotini Tsantila; Evelien Coppens; Hans De Witte; Ella Arensman; Benedikt Amann; Arlinda Cerga Pashoja; Paul Corcoran; Johanna Cresswell Smith; Grace Cully; Monika Ditta Toth; Birgit Greiner; Eve Griffin; Ulrich Hegerl; Carolyn Holland; Caleb Leduc; Mallorie Leduc; Doireann Ni Dhalaigh; Cliodhna O' Brien; Charlotte Paterson; György Purebl; Hanna Reich; Victoria Ross; Reiner Rugulies; Sarita Sanches; Katherine Thompson; Chantal Van Audenhove. Outcome assessment of a complex mental health intervention in the workplace. *Int J Environ Res Public Health* 19(2):947, (2023)
- Coppens E, Hogg B, Greiner BA, Paterson C, De Winter L, Mathieu S, Cresswell-Smith J, Aust B, Leduc C, Van Audenhove C, Pashoja AC, Kim D, Reich de Paredes H, Fanaj N, Dushaj A, Thomson K, O'Connor C, Moreno-Alcázar A, Amann BL, Arensman E, and the MENTUPP consortium. Promoting employee wellbeing and preventing non-clinical mental health problems in the workplace: a preparatory consultation survey. *Journal of Occupational Medicine and Toxicology*. 18,17 (2023).
- Ella Arensman, Mallorie Leduc, Cliodhna O'Brien, Paul Corcoran, Eve Griffin, Caleb Leduc, Evelien Coppens, Fotini Tsantila, Victoria Ross, Kahar Abdulla, Pia Hauck, Benedikt Amann, Birgit Aust, Arlinda Cerga Pashoja, Johanna Cresswell- Smith, Luigia D'Alessandro, Naim Fanaj, Birgit Greiner, Jeoren Luyten, Sharna Mathieu, Margaret Maxwell, Gentiana Qirjako, Hanna Reich de Paredes, Sarita Sanches, Monika Ditta Toth, Joseph Kilroy, Karen Mitchell, Nicola Reavley, David McDaid, Chantal Van Audenhove and the MENTUPP Consortium. Implementation and evaluation of a multi-level mental health promotion intervention for the workplace (MENTUPP): Study protocol for a cluster randomised controlled trial. *BMC Trials* (2023) 24:621
- Fotini Tsantila, Evelien Coppens, Hans De Witte, Ella Arensman, Birgit Aust, Arlinda Cerga Pashoja, Paul Corcoran, Grace Cully, Lars De Winter, Asmae Doukani, Arilda Dushaj, Naim Fanaj, Eve Griffin, Bridget Hogg, Carolyn Holland, Caleb Leduc, Mallorie Leduc, Sharna Mathieu, Margaret Maxwell, Doireann Ni Dhalaigh, Cliodhna O' Brien, Hanna Reich, Mónica Ditta Tóth, Jaap van Weeghel, Chantal Van Audenhove. Implementing a complex mental health intervention in occupational settings: process evaluation of the MENTUPP pilot study. *BMJ Open* (2023) 13:12

*Accepted, Awaiting Publication*

- Birgit Aust; Caleb Leduc; Johanna Cresswell-Smith; Clíodhna O'Brien; Reiner Rugulies; Mallorie Leduc; Doireann Ni Dhalaigh; Arilda Dushaj; Naim Fanaj; Daniel Guinart; Margaret Maxwell; Hanna Reich; Victoria Ross; Anvar Sadath; Katharina Schnitzspahn; Mónica Ditta Tóth; Chantal van Audenhove; Jaap van Weeghel; Kristian Wahlbeck; Ella Arensman; Birgit A. Greiner. The effects of different types of organisational workplace mental health interventions on mental health and wellbeing in healthcare workers – A systematic review. *International Archives of Occupational and Environmental Health*.

*Currently Under Review*

- Cerga-Pashoja A, Doukani A, Coppens E, Hegerl U, Amann B, Aust B, Greiner B, Griffin E, Hogg B, Maxwell M, Tsantila F, Cresswell-Smith J, Toth MD, De Winter L, Fanaj N, Morena-Alcazar A, Arensman E. Mental health in the workplace during the COVID-19 pandemic: A multinational stakeholder survey. *European Archives of Psychiatry and Clinical Neuroscience*.
- Paterson, C., Leduc, C., Maxwell, M., Aust, B., Strachan, H., O'Connor, A., Tsantila, F., Cresswell-Smith, J., Purebl, G., Winter, L., Fanaj, N., Doukani, A., Hogg, B., Corcoran, P., D'Alessandro, L., Mathieu, S., Hegerl, U., Arensman, E., Greiner, B. Barriers and facilitators to implementing workplace interventions to promote mental health: a qualitative evidence synthesis. *Systematic Reviews*.
- Fotini Tsantila, Reiner Rugulies, Chantal Van Audenhove, Evelien Coppens, Hans De Witte, Ella Arensman, Birgit Greiner, Paul Corcoran, Eve Griffin, Arlinda Cerga Pashoja, Caleb Leduc, Mallorie Leduc, Kahar Abula, Lars De Winter, Bridget Hogg, Margaret Maxwell, Hanna Reich, Victoria Ross, Birgit Aust. Towards an assessment of psychosocial work factors in a multi-level mental health intervention in the workplace: first results in the MENTUPP-pilot study. *International Archives of Occupational and Environmental Health*.

**Presentations/workshops related to project in 2023**

- MENTUPP Final Conference. Evidence-based Mental Health Promotion and Intervention in the Workplace. MENTUPP Final Conference (Online). 13 December, 2023. Presenters: Ella Arensman, Gentiana Qirjako, Arilda Dushaj, Naim Fanaj, Lia van der Ham, Lars de Winter, Pia Hauck, Katharina Schnitzspahn, Marta Fontana, Bridget Hogg, Mallorie Leduc, Caleb Leduc, Saara Rapeli, Johanna Cresswell-Smith, Eva Zsak, György Purebl, Chantal Van Audenhove, David McDaid, Birgit Aust, Birgit Greiner, Reiner Rugulies, Benedikt Amann.
- World Mental Health Day Webinar 2023; IOSH with MENTUPP Consortium. Evidence Based Mental Health Promotion and Intervention in the Workplace – MENTUPP. Wednesday, 11th October, 2023. Presenters: Dr Karen Michell, Prof Ella Arensman, Prof Margaret Maxwell, Prof Ulrich Hegerl, Mr Stefan Hackel, Prof Chantal Van Audenhove. [iosh.com/health-and-safety-professionals/improve-your-knowledge/events/webinars/](https://www.iosh.com/health-and-safety-professionals/improve-your-knowledge/events/webinars/)

- Presentation within Symposium 'Digital Mental Health Interventions at the Workplace: Challenges and Future Directions' at ICOH-WOPS and APA-PFAW Conference 2023. Mental Health Promotion and Intervention in Occupational Settings: Design, aims and first experiences of the digital MENTUPP intervention for SME workplaces. Submitted to ICOH-WOPS and APA-PFAW Conference. Tokyo, Japan, September 19-22, 2023. Presenter: Birgit Aust. Reiner Rugulies, Caleb Leduc, Birgit Greiner, Johanna Cresswell-Smith, Chantal Van Audenhove, Evelien Coppens, Fotini Tsantila, Ella Arensman and the MENTUPP Consortium.
- Pre-Conference Workshop at IASP 2023. Mental Health Promotion and Intervention in Occupational Settings: MENTUPP submitted to International Association for Suicide Prevention (IASP) 2023 in Piran, Slovenia, 19th September 2023. Presenters: Prof Ella Arensman, Dr Mallorie Leduc, Fotini Tsantila, Prof György Purebl, Katherine Thomson, Dr Naim Fanaj.
- Symposium at ICOH-WOPS and APA-PFAW Conference 2023. Design, implementation and evaluation of multilevel mental health interventions: reflections and key takeaways from the international MENTUPP Consortium. Submitted to ICOH-WOPS and APA-PFAW Conference. Tokyo, Japan, September 20, 2023, 14.00-15.15. Presenters/Chairs: Caleb Leduc, Johanna Cresswell-Smith, Birgit Aust, Reiner Rugulies.
- 'MENTUPP: reflections on the design, aims and evaluation of a digital, multilevel intervention for small and medium sized enterprises' Birgit Aust, Reiner Rugulies, Caleb Leduc, Birgit A Greiner, Johanna Cresswell-Smith, Chantal Van Audenhove, Evelien Coppens, Fotini Tsantila, Hanna Reich, Naim Fanaj, Mallorie Leduc, Ella Arensman, and the MENTUPP Consortium.
- 'Lessons from implementation and evaluation with SMEs in the Finnish ICT sector' Johanna Cresswell-Smith, Saara Rapeli, Kristian Wahlbeck, Birgit Aust, Reiner Rugulies, Caleb Leduc, Birgit A Greiner, Chantal Van Audenhove, Evelien Coppens, Fotini Tsantila, Ella Arensman, and the MENTUPP Consortium.
- 'Developing and optimising an integrated, online intervention platform supporting intervention activities at multiple levels within organisations and sectors' Caleb Leduc, Johanna Cresswell-Smith, Birgit Aust, Reiner Rugulies, Birgit Greiner, Chantal Van Audenhove, Evelien Coppens, Fotini Tsantila, Hanna Reich, Naim Fanaj, Mallorie Leduc, Ella Arensman, and the MENTUPP Consortium.
- Presentation within Symposium organised by H-work at ECP 2023. Theoretical and practical advances on mental health in the workplace: panel discussion with EU H2020-funded sister projects submitted to European Congress of Psychology (ECP) 2023 in Brighton, United Kingdom, 6th July 2023. Presenter: Prof Ella Arensman.

# Strategic Research Cluster Seven

## Bereavement following Suicide

- Experiences of supports for suicide bereavement in Ireland: A national survey
- Identifying the needs of young people and their families bereaved by suicide
- Bereavement supports provided through the coronial system – a scoping study

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

This is the first large-scale national study of people bereaved by suicide in Ireland. 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; 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. This project is a collaboration with Healing Untold Grief Groups (HUGG). This project is funded under the HSE National Office for Suicide Prevention (NOSP) collaborative grant scheme.

#### Project Aims

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

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

#### Key Deliverables and Outcomes in 2023

- From March 20th-24th the NSRF published learnings from the Bereavement Survey Launch workshop where service providers and planners discussed the findings of Afterwords: a survey of people bereaved by suicide in Ireland.
- Research blog on What we learned about HUGG peer-support groups for people bereaved by suicide in November 2023.
- Experiences and Outcomes of People Attending Suicide Bereavement Peer Support Project summary report.

#### Personnel Involved

National Suicide Research Foundation: Dr Eve Griffin, Dr Selena O’Connell.

Healing Untold Grief Groups (HUGG): Ms Fiona Tuomey.

#### Publications in 2023

- Experiences and Outcomes of People Attending Suicide Bereavement Peer Support – Short report.

#### Presentations/workshops related to project in 2023

- Griffin, E and Tuomey F. Key findings and implications from Ireland’s first suicide bereavement survey. Connecting for Life Donegal Midterm Conference, April 19th, 2023.
- Griffin, E and Tuomey F. Key findings and implications from Ireland’s first suicide bereavement survey. ‘Suicide Prevention: Connecting Research and Practice’ Conference, organised by the HSE National Office for Suicide Prevention, April 26th, 2023.
- Griffin, E and Tuomey F. Key findings and implications from Ireland’s first suicide bereavement survey. Irish Hospice Foundation’s National Bereavement Forum, June 16th, 2023.



## Identifying the needs of young people and their families bereaved by suicide

### Study Overview

Funded by HSE NOSP, and aligning with Goal 4 of Connecting for Life, this project will develop our understanding of the needs of young people who have been bereaved by suicide over three phases of work:

- Phase 1: Literature review of information and support needs of young people who have been bereaved by suicide.
- Phase 2: Interviews and focus groups with adolescents and young adults, parents/guardians of bereaved young people, and professionals with experience of supporting young people.
- Phase 3: Recommendations and contribution to resource development to address the identified gaps and needs of young people, and those supporting young people, bereaved by suicide.

This project links closely with a study underway with Rainbows Ireland to explore experiences of a pilot programme to include children bereaved by suicide within a group bereavement programme.

### Project Aims

- The aim of this project is to identify the needs of young people (aged <25 years) who have been bereaved by suicide, and to identify barriers and facilitators to accessing appropriate supports and services. This aim will facilitate activities to reduce stigma, improve access to and signposting for evidence-based specialised services for young people, as required.

### Key Deliverables and Outcomes in 2023

- Commencing in October 2023, the project will be conducted over ten months. The four key research deliverables are:
  1. Summary report of the findings from Phase 1.
  2. Open access publication from Phase 2.
  3. Briefing report and infographic from Phase 2.

4. Dissemination materials from Phase 3.

- Deliverables related to the Rainbows Ireland group bereavement programme:
  1. Interim report on initial facilitator experiences of Rainbows Ireland pilot programme (August 2023).
  2. Proposal for expansion of Rainbows Ireland pilot programme study to explore perspectives of facilitators and parents (December 2023).

### Personnel Involved

National Suicide Research Foundation: Dr Eve Griffin, Dr Grace Cully, Dr Eibhlin Walsh, Dr Selena O'Connell.

HSE National Office for Suicide Prevention: Oliver Skehan, Sarah Woods.

## Bereavement supports provided through the coronial system – a scoping study

### Study Overview

Currently in Ireland, there is a lack of bereavement supports for those navigating the coronial system. An expert group identified a need to establish international best practice in this area. It was decided that a two-pronged approach to this would be beneficial, firstly to identify the types of supports provided in other countries/regions, and secondly to compile any research evidence in relation to the navigation of the coronial system.

### Project Aims

The aim of this project is to identify and evaluate bereavement supports available internationally for those who are navigating the coronial system, to inform future progress in an Irish context.

### Key Deliverables and Outcomes in 2023

- Conducted a review to compile:
- The information regarding resources available from countries/regions that operate a coronial system.
  - The literature available in relation to either the experiences of those navigating a coronial system, or any evaluation evidence of specific approaches.
  - Presented the findings to the Working Group on 17th October 2023.
  - Presented the findings to the Department of Justice on 3rd November 2023.
  - Compiled a report of the findings for the stakeholders
  - Currently drafting a submission for publication in the Journal of Crisis Intervention and Suicide Prevention.
  - Plans to present to the coroners in April 2024.

### Personnel Involved

National Suicide Research Foundation: Dr Michelle O'Driscoll, Almas Khan, Dr Selena O'Connell, Dr Eve Griffin.

HSE National Office for Suicide Prevention: Prof Philip Dodd, Oliver Skehan, Sarah Woods.

### Publications in 2023

- Report created for the Working Group and Department of Justice.
- Submission for Journal of Crisis Intervention and Suicide Prevention is underway.

### Presentations/workshops related to project in 2023

- M O'Driscoll and A Khan – Presentation to the Working Group on 17th October 2023.
- M O'Driscoll Presentation to the Department of Justice on 3rd November 2023.

# Strategic Research Cluster Eight

## Suicide and the Media

- The role of the media and social media in suicide prevention

### The Role of the Media and Social Media in Suicide Prevention

Media and social 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 harmful content is well established, recently there is an increasing evidence base in relation to using the media and social media in a positive way – the so called ‘Papageno’ or preventative effect (Niederkrötenhaler et al 2010).

This project 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.
- Specifically, Action 1.4.1 – “engage with online platforms to encourage best practice in reporting around suicidal behaviour, so as to encourage a safer online environment in this area”.

#### 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.
- To identify, review and summarise the literature and evidence on the impact of harmful suicide or self-harm content online.
- 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 2023

- Call of Inputs: Developing Ireland’s First Binding Online Safety Code for Video-Sharing Platform Services— Submission on behalf of the NSRF (September 2023).

#### Personnel Involved

Mr Niall McTernan, Prof Ella Arensman.

#### Publications in 2023

- The harmful impact of suicide and self-harm content online: A review of the literature (Update August 2023).

#### Presentations/workshops related to project in 2023

- McTernan N, Corcoran P. Digital Mental Health Research Exchange, March 9th, 2023.

# 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

#### Study Overview

This multidisciplinary Working Group (WG) has representations from the Department of Health (DoH), the Health Service Executive 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), with input from retail bodies. 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 2023

- Working Group meetings held on January 12th, March 30th, June 30th and November 23rd.
- Market surveillance of retail setting conducted by the HPRA and presented to the group (March 2023).
- Baseline survey of pharmacy and non-pharmacy retail settings conducted, regarding knowledge of paracetamol sales legislation, experience of requests for multiple packs of paracetamol, and training undertaken. (Sept/Oct 2023).
- Launch of educational materials for dissemination to all pharmacy and retail settings (Oct 2023).

#### Personnel Involved

National Suicide Research Foundation: Dr Michelle O'Driscoll, Dr Caroline Daly, Prof Ella Arensman, Dr Eve Griffin.

HSE National Office for Suicide Prevention: Dr Philip Dodd, Mr Ciaran Austin.

#### Publications in 2023

- IPU Review magazine:
  1. September issue – Information about upcoming survey
  2. November issue – Two page article about the WG and the educational materials launch
  3. December issue – Double page spread advertisement about the educational campaign
- ShelfLife magazine:
  - December issue – Full page advertisement about the educational campaign

#### Presentations/workshops related to project in 2023

##### Oral

- P Dodd and C Austin: Launch of the paracetamol sales educational materials at the Department of Health with Minister Butler – 17th October 2023.
- M O'Driscoll: Paracetamol-Related Intentional Drug Overdose – Overview of the actions of a multi-sectorial Working Group. NSRF World Mental Health Day Seminar. 10th October 2023.

##### Poster

- C Daly and M O'Driscoll: Preventing intentional paracetamol overdose in countries with increasing rates and existing sales legislation: an Irish perspective. International Association of Suicide Prevention Conference. 23rd September 2023.

# Strategic Research Cluster Ten

## Other

- C-SSHRI: Connecting Suicide and Self-Harm Researchers on the island of Ireland
- The Social Determinants of Suicide: An Umbrella Review

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

The C-SSHRI Network was initiated to address Action 7.4.2, of Connecting for Life. The National Suicide Research Foundation (NSRF), the Higher Education Authority (HEA) and the National Office for Suicide Prevention (NOSP) are committed to co-ordinating and streamlining self-harm and suicide-related research completed by higher education institutions. Building on the work completed in 2021, this project further established the C-SSHRI Network of Researchers and repository of literature, hosted training and research workshops and completed a scoping review based on the completed investigation of suicide and self-harm literature produced in Ireland.

Funding was gratefully received from the Higher Education Authority for 2022.

#### Project Aims

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

Specifically:

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

#### Key Deliverables and Outcomes in 2023

- The NSRF hosted a World Mental Health Day Hybrid seminar on 'Building Capacity in Mental Health and Suicide Research' on October 10th, 2023. The event was attended by over 100 delegates in person and online, and included:
- The 3rd Annual Suicide and Self-Harm Research Workshop on the island of Ireland, where Dr Eibhlín Walsh was awarded a €1000 research bursary for her presentation on "A Meta-ethnography of Adolescents' Perspectives on and Experiences with Post Primary School-based Suicide Prevention" (Funding report to be submitted in Q4 2024).

- The Dr Michael Kelleher Memorial Lecture was delivered by International Association for Suicide Prevention President, Professor Rory O'Connor, entitled "Gone Too Soon: Preventing Premature Mortality from Mental Illness and Mental Distress".
- A keynote lecture by Dr Louise Doyle, Trinity College Dublin, was delivered on the topic of "Mental Health Promotion and Suicide Prevention in LGBTQ+ Young People".

#### Personnel Involved:

National Suicide Research Foundation: Dr Clíodhna O'Brien, Eileen Williamson, Prof Ella Arensman, Dr Mary Joyce, Niall McTernan, Dr Eve Griffin, Ms Grace Phillips.

#### Presentations/workshops related to project in 2023

- October 10th - Third Annual Suicide and Self-Harm Research Workshop on the Island of Ireland.
- October 10th - World Mental Health Day Seminar.

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# The Social Determinants of Suicide: An Umbrella Review

## Study Overview

The social determinants of health are defined as non-medical factors which influence health outcomes. These encompass a wide array of factors such as socio-economic conditions, inequalities, poverty, environmental circumstances, and access to healthcare. It is widely acknowledged that suicide is the result of a complex interaction of various risk factors, however, existing literature predominantly focuses on identifying individual level factors associated with suicide. More recently, there has been a growing acknowledgment of the broader environmental and social context that may influence suicidal behaviours. There is also a suggestion that redirecting attention towards the social determinants of suicide could provide a unique viewpoint, creating opportunities to incorporate comprehensive inter-governmental policies directed at suicide prevention. This umbrella review aims to examine the existing evidence regarding the social determinants of health and suicide mortality to help inform future policy decisions and intervention strategies aimed at suicide prevention.

## Project Aims

- The aim of this project is to identify associations between social determinants of health and suicide.

## Key Deliverables and Outcomes in 2023

- Registered review with PROSPERO.
- Devised a comprehensive search strategy.
- Ran the search strategy in six electronic databases.
- Completed all stages of screening.
- Extracted the relevant data from identified articles.
- Collated the data.
- Prepared a report of the findings through peer-reviewed publication (still in progress 2024).

## Personnel Involved

National Suicide Research Foundation: Dr Eve Griffin, Dr Paul Corcoran, Ms Kerrie Gallagher, Ms Grace Phillips.  
University of Edinburgh: Prof Steve Platt.  
University of Glasgow: Dr Heather McClelland.

## Presentations/workshops related to project in 2023

- Griffin E, Corcoran P, Gallagher K, Phillips G, Platt S, McClelland H (2023). The Social Determinants of Suicide: An Umbrella Review. Connecting for Life Cross-sectoral Meeting, Ireland, 6th December 2023.

# PUBLICATIONS

Peer Review Papers / Reports / Briefings

Papers published 2023 (n=25)		
Associations between humiliation, shame, self-harm and suicidal behaviours among adolescents and young adults: A systematic review protocol	McLoughlin A, <b>Sadath A, McMahon E, Kavalidou K</b> , Malone.	<i>PLoS One</i> . 2022 Nov 23;17(11):e0278122
Editorial: Suicide and self-harm in young people	<b>McMahon E</b> , Hemming L, Robinson J, <b>Griffin E</b>	<i>Front. Psychiatry</i> 13:1120396
Investigating the effectiveness of three school based interventions for preventing psychotic experiences over a year period – a secondary data analysis study of a randomized control trial.	Staines L, Healy C, <b>Corcoran P</b> , Keeley H, Coughlan H, <b>McMahon E</b> , Cannon M et al.	<i>BMC Public Health</i> 23, 219
Presentations of self-harm and suicide-related ideation among the Irish Traveller indigenous population to hospital emergency departments: evidence from the National Clinical Programme for self-harm.	<b>Kavalidou K</b> , Daly C, <b>McTernan N, Corcoran P</b>	<i>Social Psychiatry and Psychiatric Epidemiology</i>
Evidence for the effectiveness of interventions to reduce mental health related stigma in the workplace: a systematic review.	Toth MD, Ihionvien S, <b>Leduc C, Cully G, Arensman E</b> , Purebl G et al.	<i>BMJ Open</i> 2023;13:e067126.
Prescription drugs with potential for misuse: protocol for a multi-indicator analysis of supply, detection and the associated health burden in Ireland between 2010 and 2020.	Cousins G, Durand L, O’Kane A, Tierney J, Maguire R, Stokes S, O’Reilly D, <b>Arensman E</b> , Bennett KE, Vazquez MO, <b>Corcoran P</b> , Keenan E et al.	<i>BMJ Open</i> 2023;13:e069665
Physical and mental illness comorbidity among individuals with frequent self-harm episodes: A mixed-methods study.	<b>Sadath A, Troya MA, Nicholson S, Cully G</b> , Leahy D, Ramos Costa AP, Benson R, <b>Corcoran P, Griffin E</b> , Phillip E, Cassidy E, Jeffers A, Shiely F, Alberdi-Paramo I, <b>Kavalidou K, Arensman E</b>	<i>Frontiers in Psychiatry</i> 14
Profile of people attending emergency departments with thoughts of self-harm and suicide: A descriptive study of a nurse-led programme in Ireland.	<b>Kavalidou K</b> , Zortea TC, <b>Griffin E, Troya IM</b>	<i>International Journal of Mental Health Nursing</i>
Youth Suicide and Self-Harm: Latent Class Profiles of Adversity and the Moderating Roles of Perceived Support and Sense of Safety.	Silke C, Brady B, Devaney C, <b>O’Brien C</b> , Durcan M, Bunting B, Heary C	<i>Journal of Youth and Adolescence</i>
The coming global economic downturn and suicide: a call to action.	Sinyor M, Hawton K, Appleby L, <b>Arensman E</b> , Niederkrotenthaler T et al.	<i>Nature Mental Health</i>
“That feeling of solidarity and not being alone is incredibly, incredibly healing”: A qualitative study of participating in suicide bereavement peer support groups.	<b>O’Connell S, Troya IM, Arensman E, Griffin E</b>	<i>Death Studies</i>
The incidence and profile of self-harm among prisoners: findings from the Self-Harm Assessment and Data Analysis Project 2017–2019.	<b>McTernan N, Griffin E, Cully G</b> , Kelly E, Hume S, <b>Corcoran P</b>	<i>International Journal of Prisoner Health</i>
Developing a framework for evaluation: a Theory of Change for complex workplace mental health interventions.	Tsantila F, Coppens E, DeWitte H, Abdulla K, <b>Arensman E</b> , Greiner B, <b>Griffin E, Leduc C, O’Connor C</b> et al	<i>BMC Public Health</i>
Outcome assessment of a complex mental health intervention in the workplace. Results from the MENTUPP pilot study.	Tsantila F, Coppens E, De Witte H, <b>Arensman E</b> et al.	<i>International Archives of Occupational and Environmental Health</i>
The burden of attempted hanging and drowning presenting to hospitals in Ireland between 2007 and 2019: a national registry-based study.	White P, <b>Corcoran P, Griffin E, Arensman E</b> , Barrett P.	<i>Social Psychiatry and Psychiatric Epidemiology</i>
Promoting employee wellbeing and preventing non-clinical mental health problems in the workplace: a preparatory consultation survey.	Coppens E, Hogg B, Greiner BA, <b>Leduc C, O’Connor C, Arensman E</b> et al	<i>Journal of Occupational Medicine and Toxicology</i>

Association between physical multimorbidity and suicidal ideation in young adults with obesity	Mattar J, Chauvin V, Marleau J, <b>Kavalidou K</b> , Romain JR.	<i>Journal of Affective Disorders Reports, Volume 14</i>
Work-related causes of mental health conditions and interventions for their improvement in workplaces.	Rugulies R, Aust B, Greiner BA, <b>Arensman E</b> , Kawakami N, LaMontagne AD	<i>The Lancet, Vol 402, P1368-1381</i>
Implementation and evaluation of a multi-level mental health promotion intervention for the workplace (MENTUPP): study protocol for a cluster randomised controlled trial.	<b>Arensman E, Leduc M, O'Brien C, Corcoran P, Griffin E, Leduc C</b> , Coppens E et al.	<i>Trials 24, 621</i>
Hospital-presenting self-harm among older adults living in Ireland: a 13-year trend analysis from the National Self-Harm Registry Ireland.	<b>Troya MI, Griffin E, Arensman E</b> , Cassidy E, Mughal F, Ni Lonergan C, O'Mahony J, Lovejoy S, Ward M, <b>Corcoran P</b>	<i>International Psychogeriatrics, 1-9</i>
Suicide risk following hospital attendance with self-harm: a national cohort study in Ireland.	<b>Griffin E, Corcoran P, Arensman E, Kavalidou K</b> , Perry IJ, <b>McMahon EM</b>	<i>Nat. Mental Health</i>
Risk and protective factors for self-harm in adolescents and young adults: An umbrella review of systematic reviews.	McEvoy D, Brannigan R, Cooke L, Butler E, Walsh C, <b>Arensman E</b> , Clarke M	<i>Journal of Psychiatric Research, Volume 168</i>
Evaluation of a national clinical programme for the management of self-harm in hospital emergency departments: impact on patient outcomes and the provision of care.	<b>Cully G, Corcoran P</b> , Gunnell D, Chang SS, McElroy B, <b>O'Connell S, Arensman E</b> , Perry IJ, <b>Griffin E</b> .	<i>BMC Psychiatry 23, 917</i>
Suicide prevention curriculum development for health and social care students: Protocol for a scoping review.	Gallagher K, <b>O' Brien C, O'Driscoll M, Ní Dhálaigh D, Corcoran, P Griffin E</b>	<i>PLoS ONE 18(12)</i>
An evaluation of the skills group component of DBT-A for parent/guardians: A mixed methods study.	Flynn, D., Gillespie, C., <b>Joyce, M.</b> , & Spillane, A	<i>Irish journal of psychological medicine, 40 (2), 143-151.</i>
Age of first self-harm act in childhood and adolescence: A scoping review protocol.	Wiggin, D., <b>McMahon, E.</b> , McNicholas, F., & <b>Griffin, E.</b>	<i>HRB open research, 6.</i>
<b>Reports 2023 (n=5)</b>		
NSRF Annual Report 2022	<b>McTernan N</b> et al	<i>National Suicide Research Foundation</i>
HSE Bereavement Counselling Service for Traumatic Deaths in South East Community Healthcare: A Review of the Operation of the Service	<b>Griffin E, O'Connell S</b> , McElroy B, <b>Arensman E, Corcoran P</b>	<i>National Suicide Research Foundation</i>
Adults Accessing Talking Therapies while Attending Specialist Mental Health Services: Evaluation of the pilot implementation of the Model of Care - Report from Phase 1	<b>O'Connell S, Joyce M, Fahey C, Cully G, Griffin E</b>	<i>National Suicide Research Foundation</i>
Bereavement supports provided through the coronial system: a review.	<b>O'Driscoll M, Khan A, O'Connell S, Corcoran P, Griffin E</b>	<i>National Suicide Research Foundation</i>
The harmful impact of suicide and self-harm content online: A review of the literature (Update August 2023)	<b>McTernan N, Ryan F.</b>	<i>National Suicide Research Foundation</i>
<b>Briefing documents and policy submissions 2023 (n=4)</b>		
Assisted dying legislation: Considerations for suicide prevention, research and policy development— Submission on behalf of the NSRF	National Suicide Research Foundation	October 2023
Call of Inputs: Developing Ireland's First Binding Online Safety Code for Video-Sharing Platform Services—Submission on behalf of the NSRF	National Suicide Research Foundation	September 2023
Policy Brief: Promoting Mental Health in Workplace Settings to Prevent Anxiety, Depression, and Suicidal Behaviour	National Suicide Research Foundation	September 2023
Data Briefing: Hospital-presenting self-harm during 2021	National Suicide Research Foundation	March 2023

## Membership of Committees and Steering Groups

<b>Professor Ella Arensman</b>	
European Alliance Against Depression	Vice-President
World Health Organisation	Co-Director WHOCC and Advisor
Executive Committee School of Public Health	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
International Association for Suicide Prevention	Member
Steering Group of the International COVID-19 Suicide Prevention Collaboration (ICSPRC)	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 Executive 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
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

<b>Dr Paul Corcoran</b>	
Graduate Studies Board Committee, Department of Obstetrics and Gynecology and School Public Health, University College Cork	Member
CSO Liaison Group on Suicide Mortality Statistics	Member
Expert Advisory Group for Connecting for Life	Member
School of Public Health Social Research Ethics Committee	Member
School of Medicine Graduate Entry Medicine Oversight Committee	Member
<b>Dr Eve Griffin</b>	
International Association for Suicide Prevention Postvention Special Interest Group	Member
National Working Group on Improving Bereavement Supports in Ireland	Member
School of Public Health Social Research Ethics Committee	Member
Connecting for Life Evaluation Steering Group	Chair
<b>Mr Niall McTernan</b>	
Headline's Expert Advisory Panel	Member
CSO Suicide Mortality Statistics Liaison Group	Co-chair
<b>Dr Mary Joyce</b>	
UCC Clinical Psychology Research Ethics Committee	Member
<b>Dr Caroline Daly</b>	
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
<b>Dr Margaret Kelleher</b>	
Irish Association of Suicidology	Director
International Academy for Suicide Research	Member



SUICIDE RESEARCH FOUNDATION  
ANNUAL REPORT  
AND FINANCIAL STATEMENTS  
FOR THE FINANCIAL YEAR ENDED  
31 DECEMBER 2023

# Financial Statements

Company Registration No. 224676 (Ireland)

SUICIDE RESEARCH FOUNDATION

ANNUAL REPORT AND FINANCIAL STATEMENTS  
FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

## Company Information

### Members

Margaret Kelleher  
Bishop Paul Colton  
Patricia Casey  
Patricia Behan  
Tom O'Dwyer  
Barry McGale  
Eugene Cassidy  
Birgit Greiner  
James McCarthy  
Mark O'Callaghan  
Dan Neville  
Daniel Flynn  
Eric Kelleher  
John O'Brien  
Karen Galway  
Dave Drohan  
Derek Chambers

### Trustees

Margaret Kelleher  
James McCarthy  
Barry McGale  
Mark O'Callaghan  
Daniel Flynn  
Eric Kelleher  
John O'Brien  
Karen Galway  
Eve Griffin

### Directors

Margaret Kelleher  
James McCarthy  
Barry McGale  
Mark O'Callaghan  
Daniel Flynn  
Eric Kelleher  
John O'Brien  
Karen Galway  
Eugene Cassidy  
(Resigned 14 July 2023)  
Colin Bradley  
(Resigned 27 Sept 2023)

### Secretary

Eve Griffin  
(Appointed 25 Oct 2023)  
Eileen Williamson  
(Resigned 25 Oct 2023)

### Company number

224676

### Charity number

CHY11351

### Charities Regulatory

**Authority Number**  
20030889

### Registered Office

1 Perrott Avenue  
College Road  
Cork

### Auditor

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

### Business Address

Room 4.28  
Western Gateway Building  
University College Cork  
T12 YF9N

### Bankers

Allied Irish Banks plc  
66 South Mall  
Cork

### Solicitors

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

## Content

	Page
<b>Directors' Report</b>	57
<b>Directors' Responsibilities Statement</b>	71
<b>Independent Auditor's Report</b>	72
<b>Statement of Financial Activities</b>	75
<b>Balance Sheet</b>	76
<b>Statement of Changes in Funds</b>	77
<b>Statement of Cash Flows</b>	78
<b>Notes to the Financial Statements</b>	79
<b>Unaudited Management Information for the Financial Year ended 31 December 2023</b>	96

# SUICIDE RESEARCH FOUNDATION

## DIRECTORS' REPORT

### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

The directors present their report and financial statements for the financial year ended 31 December 2023.

#### Introduction

The financial statements have been prepared by Suicide Research Foundation 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. 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

Suicide Research Foundation (a company limited by guarantee), is an independent, multi-disciplinary research unit established in Cork, in 1994, by the late Dr Michael J Kelleher. Suicide Research Foundation has a registered business name of National Suicide Research Foundation (NSRF). Suicide Research Foundation 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 investigates the causes of suicide, self-harm and related mental health and social factors in Ireland. Suicide Research Foundation has a memorandum of collaboration with University College Cork. Suicide Research Foundation 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'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 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's research contributes to international policy development in suicide prevention.

The members of the Suicide Research Foundation 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'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'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 and murder-suicide, media reporting and suicide.

# SUICIDE RESEARCH FOUNDATION

## DIRECTORS' REPORT (CONTINUED)

### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

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#### Overview of Surveillance and Research Activities 2023

##### 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. Each year, the NSHRI publishes a report on its findings. 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).

###### Key deliverables 2023

- Peer reviewed paper published in *Social Psychiatry and Psychiatric Epidemiology*: The burden of attempted hanging and drowning presenting to hospitals in Ireland between 2007 and 2019: a national registry-based study
- Data briefing on monthly hospital-presenting self-harm during 2021 (March)
- Community Healthcare Organisation (CHO) Area Reports 2020 published (March)
- Infographic prepared highlighting the link between self-harm and public holidays shared on social media on St. Patrick's Day
- Self-Harm Registry Awareness campaign, including information sharing, informative videos and updated website material shared during April-June
- Data Registration Officer meetings held (March, May and October)
- Meeting of the Registry Advisory Panel (June and December)
- Analysis completed for Annual Report 2021

###### 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, funded by the Northern Ireland Public Health Agency.

###### Key deliverables 2023

- Review and Quality Assurance check of Annual Report 2020/21 & 2021/22 completed
- Contract review meeting between PHA and NSRF held (June)
- Registry working groups held (February and June)

###### 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.

###### Key deliverables 2023

- Tendering document for evaluation of SSHO completed
- Advisory Panel meeting held (June)
- Completed 2022 annual report based on the Observatory in Kerry
- Support for suicide prevention plan at Kennedy's Quay Cork City
- Presentation at Resource Officer for Suicide Prevention Workshop (November)

#### 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.

# SUICIDE RESEARCH FOUNDATION

## DIRECTORS' REPORT (CONTINUED)

### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

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 (NSHPPG) on a yearly basis. The NSRF coordinates the data management, data analysis and reporting of findings from the SADA Project.

#### Key deliverables 2023:

- Peer reviewed paper published in the International Journal of Prisoner Health. Title: The incidence and profile of self-harm among prisoners: Findings from the Self-Harm Assessment and Data Analysis Project 2017-2019
- Draft of 2020-2021 report completed
- Research Officer recruited from Jan 2024
- Presentation at National Suicide and Harm Prevention Steering Group Meeting (December)

#### Ongoing Research Projects

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. The following projects are those commenced/ongoing in 2023:

- Department of Health - Paracetamol Working Group
- Deaths in Mental Health Services: Research Project with the Mental Health Commission and the HSE
- Development of a National Undergraduate Curriculum in Suicide Prevention
- Mental Health of Veterinary Professionals Survey
- Impact of Patient Suicide on Psychiatrists in Ireland
- Evaluation of the CAMS (The Collaborative Assessment and Management of Suicidality) in CHO7
- Social Determinants of Suicide Review
- Bereavement supports provided through the coronial system - a scoping study
- Analysis of anonymised 'texter' data collected via the 50808-crisis text service in Ireland
- Examining the incidence of self-harm and suicide-related ideation among the Irish Traveller population
- The Role of the Media in Suicide Prevention

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

- Group membership, including 1) Central Statistics Office Suicide Mortality Statistics Liaison Group 2) Connecting for Life Expert Advisory 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 - Webinars for World Suicide Prevention Day and World Mental Health Day
- Provision of Information and briefing documents for *CfL* Partners, government departments, media and general public.

#### Key deliverables 2023:

- Meeting with the NOSP/CSO held on April 6 and June 13 in relation to annual release of suicide figures
- CSO Suicide Mortality Statistics Liaison Group Meeting held on April 20 and October 25
- Ex Advisory Group Meetings held on April 18- June 28, October 3 and December 7
- NSRF prepared monthly updates on informative publications and helpful resources related to the impact of Covid-19 on mental health, to Connecting for Life partners
- Opinion Article in connection with WSPD (Irish Examiner) - Suicide prevention in Ireland: We have come a long way (September 2023)
- Submission on behalf of the NSRF - Assisted dying legislation: Considerations for suicide prevention, research and policy development - Submitted and presented to the Joint Committee on Assisted Dying (November 14)
- New variable collected for report on the experience of Open Dialogue as a clinical pathway - report submitted to HSE in August
- NSRF-ROSP Research Workshop held on November 14

#### Other funded projects

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

## SUICIDE RESEARCH FOUNDATION

### DIRECTORS' REPORT (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

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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 NSRF to undertake specific research-related projects.

##### **Key deliverables 2023:**

- In 2023, the NSRF continued the PAHO/ WHO Office in Washington collaboration: consolidation and upscaling of self-harm surveillance in Guyana, Suriname and Trinidad and Tobago. The WHO team at NSRF have been working with PAHO and Guyana to develop the second National Suicide Prevention for Guyana. There have been a number of meetings throughout the year
- At the request of WHO, NSRF reviewed the National Action Plan for Suicide Prevention in Nepal (January)
- At the request of WHO, NSRF provided an update of the implementation of the Irish National Suicide Prevention Strategy for the Reduction of Suicide, Connecting for Life, 2015-2024 (March)
- Prof Ella Arensman presented a keynote lecture on 'Implementation and Evaluation of National Suicide Prevention Strategies' at the International Academy of Suicide Research/ American Foundation for Suicide Prevention International Summit on Suicide Research (October)
- At the request of WHO, Terms of Reference were agreed for technical advice in establishing a surveillance system in Poland
- At the invitation of WHO, NSRF contributed to the roundtable discussion on developmentally appropriate online mental health content for young people (October)

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

This collaborative study with the Higher Education Authority aims to 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 from 2021-2023, and further funding has been provided for 2024.

##### **Key deliverables 2023:**

- On October 10th, NSRF hosted a World Mental Health Day 2023 seminar on 'Building Capacity in Mental Health and Suicide Research' including keynote lectures from Professor Rory O'Connor (University of Glasgow) and Dr Louise Doyle (Trinity College Dublin).
- A report on the implementation of CAMS as reported by student counselling service staff is ongoing. A survey was launched in September 2023 and semi-structured interviews began in October 2023 and are ongoing. It is expected that data collection will be completed by the end of Q1 2024.
- C-SSHRI members attended a meeting of the MHAINTAIN Research Training Network on Tuesday March 28th, 2023. The event included a presentation by Dr Kirsten Barnicot (City University of London) on 'Childhood trauma and comorbid mental health conditions among people with self-harm'.

##### **Talking Therapies Evaluation**

The broad aim of this project is to review the initial implementation of the Talking Therapies Model of Care across five pilot CHO areas. This project will gather and report on baseline information from the participating CHO areas, describe the experiences of teams implementing the model of care and develop a monitoring and evaluation plan in collaboration with local teams. This project is funded by the HSE's Mental Health Operations.

##### **Key deliverables 2023:**

- Summary Report on Phase 1 of project evaluation completed
- Presentation of summary report findings to National Steering Committee

##### **Youth Suicide Bereavement Project**

The project aim is to understand support and information needs and identify barriers and facilitators to accessing supports for young people bereaved by suicide and is funded by the HSE National Office for Suicide Prevention

##### **Key deliverables 2023 (commenced in Q4 2023):**

- Lived experience panel established and project protocol finalised.

## SUICIDE RESEARCH FOUNDATION

### DIRECTORS' REPORT (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

##### **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. Funding is provided by the European Commission's Horizon 2020 programme of funding and a contract has been signed.

##### **Key deliverables 2023:**

- Peer reviewed publications:

- (1) Developing a framework for evaluation: a Theory of Change for complex workplace mental health interventions in BMC Public Health
- (2) Outcome assessment of a complex mental health intervention in the workplace - results from the MENTUPP pilot study in International Archives of Occupational and Environmental Health
- (3) Promoting employee wellbeing and preventing non-clinical mental health problems in the workplace: an expert survey in International Archives of Occupational Medicine and Toxicology
- (4) Evidence for the effectiveness of interventions to reduce mental health related stigma in the workplace: a systematic review
- (5) Work-related causes of mental health conditions and interventions for their improvement in workplaces.
- (6) Implementation and evaluation of a multi-level mental health promotion intervention for the workplace (MENTUPP): study protocol for a cluster randomised controlled trial.
- (7) Implementing a complex mental health intervention in occupational settings: process evaluation of the MENTUPP pilot study

- Presentations: MENTUPP Workshop at 32nd IASP World Congress, MENTUPP and The Institution of Occupational Safety and Health (IOSH) World Mental Health Day Webinar 'Evidence-based Mental Health Promotion and Intervention in the Workplace', MENTUPP Special Session at ICOH-WOPS and APA-PFAW Conference 2023, Policy Brief: Promoting Mental Health in Workplace Settings to Prevent Anxiety, Depression, and Suicidal Behaviour and Final Plenary Meeting and final Conference (December).

##### **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.

##### **Key deliverables 2023:**

- Ireland Launch Seminar held (March)
- Level 3 EAAD- Best training delivered to GP trainees (March)
- Level 3 EAAD- Best training delivered to members of the Church of Ireland Clergy (April)
- Presentation at UCC College of Medicine and Health Futures Research Conference (September)
- 5th EAAD-BEST Plenary meeting in Estonia (September)
- Training for Prison Officers and Clinical Nurse Specialists (November)
- Awareness campaign launched in Cork city in December including posters on public transport

##### **MENTBEST: Protecting mental health in times of change**

This project proposes the use of proven community-based interventions and innovative technologies to prevent and mitigate the mental health challenges associated with dramatic and rapid change in Europe, focusing on five vulnerable groups: migrants/refugees, older people, younger people, long-term unemployed, and those with mental disorders. Funding is provided through the Horizon Europe Framework Programme.

##### **Key deliverables 2023:**

- Plenary meeting in Frankfurt (November)

## SUICIDE RESEARCH FOUNDATION

### DIRECTORS' REPORT (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

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##### **Health Research Board Emerging Investigators Award**

PRISM is funded as part of the Health Research Board's Emerging Investigators Award programme and commenced in 2019. 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 NSRF, UCC and the Irish Health Service Executive. The project will run until August 2023. Findings will directly inform service delivery and contribute to national policy. In accordance with the terms of NSRF's Memorandum of Agreement with UCC, the overheads attaching to PRISM are split evenly between the two organisations.

##### **Key deliverables 2023:**

- Interviews with NCP SHI staff completed (April 2023)
- Presentation at 32nd World Congress of the International Association for Suicide Prevention (September)
- Presentation at NCP SHI Education event (October)
- Presentation at Resource Officer for Suicide Prevention Workshop (November)
- Peer reviewed publication: Evaluation of a national clinical programme for the management of self-harm in hospital emergency departments: impact on patient outcomes and the provision of care

##### **MHAIN TAIN: Early Identification of Suicide and Self-Harm Risk and Comorbid Mental and Physical Disorders**

MHAIN TAIN is a research training network addressing the need for doctoral training and career paths, to improve early identification and intervention of self-harm and suicide risk. The vision of this interdisciplinary consortium 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. The MHAIN TAIN research training programme includes four Doctoral Projects, with five PhD Scholars. MHAIN TAIN will offer a representative range of research designs and methodological approaches.

##### **Key deliverables 2023:**

- Consortium meeting held (January)
- 2nd Research Training Network webinar held (March)
- 2nd Research Training Network webinar held (March)
- PhD Scholars completed all 1st year modules and internal placements
- Updated research protocols for the four Doctoral Projects completed
- PhD Scholar presentations at NSRF World Mental Health Day Seminar on Building Capacity in Mental Health and Suicide Research
- 1st PhD scholar evaluations (October and November)

##### **SHOAR: Examining individual and psychosocial determinants of self-harm and suicidal ideation in older adults in Ireland**

SHOAR is a two-year study led by Dr Isabela Troya, funded by a Government of Ireland Fellowship (2022-2024). SHOAR aims to examine individual and psychosocial determinants of self-harm in older adults to improve risk assessment and management of self-harm in later life.

##### **Key deliverables 2023**

- Peer reviewed publications:
- Hospital-presenting self-harm among older adults living in Ireland: a 13-year trend analysis from the National Self-Harm Registry Ireland
- Patterns of Hospital Presenting Suicide-Related Ideation in Older Adults before and during COVID-19: Findings from a National Clinical Service in Ireland 2018-2021

##### **Self-harm and drug/alcohol misuse - Identifying needs of individuals who present to emergency departments following self-harm with co-occurring alcohol and/or drug use, to optimize referral and service provision**

This mixed methods study investigates the needs, referral and treatment pathways of individuals who present to hospital following self-harm with co-occurring alcohol and/or drug use. The aim of this study is to obtain insights into the experiences of individuals who present to hospital with self-harm and co-occurring alcohol/drug use and to gain understanding of challenges and gaps in their treatment in emergency department (ED) settings. The findings will inform recommendations for optimising referral pathways and service provision.



## SUICIDE RESEARCH FOUNDATION

### DIRECTORS' REPORT (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

This project comprises of an interdisciplinary team and with key stakeholders and Project Collaborators from the HSE, NOSP and NSRF. The activities for the project in 2023 included researcher training and one study oversight group meeting with NOSP and NSRF collaborators.

#### Collaborations

##### Coronial Data/Clinical Care Programme

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

##### 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 HSE Cork Kerry Community Healthcare.

##### 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 Cork Kerry Community Healthcare as part of the National DBT Project Service Arrangement.

##### Other

From a financial perspective, there is unlikely to be a reduction in the NSRF's annual funding. Instead, 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. In line with HSE policy, the 2024 Service Arrangement and associated Programme of Work were agreed with the HSE National Office for Suicide Prevention (NOSP) before 28 February 2024. The funding for the running of the Registry and the agreed programme of research for 2024 is in line with funding received in 2023. In addition, the NSRF will receive additional funding as part of the WRC Pay Agreement between HSE and Section 39 organisations in staff-related costs for 2023 and 2024. The NSRF has an overall agreement with the HSE NOSP for the duration of Connecting for Life, Ireland's National Strategy to Reduce Suicide 2015-2024. In addition, the NSRF has a multitude of ongoing research projects, including new projects that commenced in 2023, that are outlined in the Description of Activities above.

## SUICIDE RESEARCH FOUNDATION

### DIRECTORS' REPORT (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

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##### **Directors & 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  
Barry McGale  
Eugene Cassidy (resigned 14/07/2023)  
Mark O'Callaghan  
Colin Bradley (resigned 27/09/2023)  
Daniel Flynn  
Dr Eric Kelleher  
John O'Brien  
Dr. Karen Galway

The secretary who held office up to 25 October 2023 was Eileen Williamson. The secretary who held office from 25 October 2023 and up to the date of signature of the financial statements was Eve Griffin:

##### **Directors' attendance at the 2023 meetings:**

Margaret Kelleher – 3 of 5,  
James McCarthy – 4 of 5,  
Barry McGale – 4 of 5,  
Eugene Cassidy – 2 of 3, resigned 14/07/2023  
Mark O'Callaghan – 4 of 5,  
Prof. Colin Bradley – 1 of 3, resigned 27/09/2023  
Daniel Flynn – 5 of 5  
Dr Eric Kelleher – 4 of 5  
John O'Brien – 5 of 5  
Dr. Karen Galway – 3 of 5

##### **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 Suicide Research Foundation's 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 Suicide Research Foundation 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 Suicide Research Foundation, 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.

**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 Suicide Research Foundation's Board since 2013. Barry brings his vast experience of working with suicidal patients and bereaved families to the Board.

**Mr. Mark O'Callaghan BCL LLB AITI FCCA** - Mark, 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 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.

**John O'Brien** - John O'Brien has been working in the Community & Public Health arena since 2013. John's experience has seen him work on community led interventions in child and adult obesity, men's health, mental health & suicide prevention. His work has predominantly been in the field of health inequalities working with communities from marginalised and lower socio economic backgrounds. Since 2017, John has been working with the Traveller community. John currently manages the National Traveller Mental Health Service at Exchange House Ireland National Traveller Service.

## SUICIDE RESEARCH FOUNDATION

### DIRECTORS' REPORT (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

**Daniel Flynn** - Daniel is a Chartered Clinical Psychologist with the Psychological Society of Ireland and Principal Psychology Manager co-ordinating Adult and Child and Adolescent Mental Health Psychology Services in the Health Service Executive (HSE) across counties Cork and Kerry. He is an Adjunct Professor at the School of Applied Psychology at University College Cork (UCC), Ireland. He has accumulated over 20 years experience of working in mental health services. His clinical interests are in working with individuals who struggle to regulate emotions and engage in high-risk self-harm behaviours and considering the impact of these behaviours on families and systems. In recent years he has focused on considering not only intervention but prevention of mental health distress, looking at both mental health and school-based populations. He is the originator of the PSYCHED Initiative working with Cork Health Cities and partner agencies to promote mental health and well-being in workplaces and communities across the city and county.

**Dr. Karen Galway** - Karen is a Senior Lecturer in Mental Health, at Queen's University Belfast. She has worked across public, voluntary and academic sectors, in the fields of psychology, public health, epidemiology, nursing and mental health. Dr Galway has taught and supervised over 1500 undergraduate nursing students and been involved in research funding totalling £1.6m. She has published over 50 peer reviewed papers and reports, featuring suicide prevention and postvention. She is co-founder and co-Chair of the Suicide Prevention Research and Impact Network for Northern Ireland [SPRIN-NI] and co-lead for research and evaluation at the All Ireland Social Prescribing Network.

**Dr Eric Kelleher** - MB, MRCP, MRCPsych, PhD - Eric is a consultant liaison psychiatrist at Cork University Hospital and Mercy University Hospital. He is a clinical lead of the self-harm service at these sites. He is also a member of the Implementation Advisory Group (IAG) of the National Clinical Care Programme for Self-Harm and Suicide-related Ideation. He has conducted and participated in a number of studies on suicidal behaviour with the NSRF. He is an honorary Clinical Senior Lecturer with the Department of Psychiatry and Neurobehavioural science, University College Cork.

**Dr Eve Griffin - Chief Executive Officer & Company Secretary** - Eve is Chief Executive Officer at the Suicide Research Foundation, Ireland. Eve graduated with a BSc in Applied Psychology from University College Cork in 2006 and a PhD in Applied Psychology from University College Cork in 2011. She has more than 12 years' experience in the area of suicide prevention. She has authored more than 60 scientific reports and peer-reviewed publications on the topic of self-harm and suicide, and has a strong track record of collaborating with partners in policy, service provision and clinical practice. Her research interest include the epidemiology of hospital-presenting self-harm, programme and service evaluation and suicide bereavement.

**Professor Ella Arensman, Chief Scientist** - Ella is Chief Scientist with the Suicide Research Foundation and Head of UCC's School of Public Health, Professor of Public Mental Health in the School of Public Health, College of Medicine and Health. 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' (MHAIN-TAIN), which provides funding for five PhD Scholars over five years (€1.5 million).

**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 200 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

### DIRECTORS' REPORT (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

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**Dr Mary Joyce** - Mary is a Research Psychologist who works as Manager of the National Self-Harm Registry Ireland and Research Fellow at the Suicide Research Foundation. 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.

#### **Financial review**

A summary of the results for the financial year are set out on page 19.

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

The statement of financial activities shows net incoming funds for the financial year of €4,293 (2022: net outgoing funds: €32,667) with total incoming resources from the Health Service Executive, other agencies and other income amounting to €1,828,068 (2022: €1,551,467) and total resources expended amounting to €1,823,775 (2022: €1,584,134).

#### **Reserves policy and financial position**

##### **Reserves policy**

A formal policy on reserves was updated and agreed at a meeting of the directors held in 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 going forward.
- assessment of risk against each category of income and expenditure,
- future activity levels and likely requirements on reserves, and
- organisational commitments.

# SUICIDE RESEARCH FOUNDATION

## DIRECTORS' REPORT (CONTINUED)

### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

#### Financial position

The balance sheet shows total charity funds of €225,181 (2022: €188,221) 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.

#### Structure, governance and management

The organisation is a charitable company limited by guarantee (licenced company). 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 Companies Registration Office has granted the company permission to use the name of Suicide Research Foundation.

#### Board of Directors

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 Suicide Research Foundation's 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 Suicide Research Foundation 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.

## SUICIDE RESEARCH FOUNDATION

### DIRECTORS' REPORT (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

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##### **Organisational Structure and How Decisions are Made**

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. Although ultimate responsibility for the governance of the Suicide Research Foundation 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 Suicide Research Foundation's staff members, programmes, projects, finances and all other administrative aspects so that the Suicide Research Foundation's ongoing mission, vision, and strategies are fulfilled within the context of the Suicide Research Foundation's values as approved by the Board of Directors.

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 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**

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 Suicide Research Foundation 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 Suicide Research Foundation and this is reviewed at each meeting of the Board of Directors.

##### **Transparency and Public Accountability**

The Board believes that 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. Suicide Research Foundation'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.nsf.ie](http://www.nsf.ie), under the About Us section.

##### **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.

## SUICIDE RESEARCH FOUNDATION

### DIRECTORS' REPORT (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

The directors have identified that the key risks facing the company relate to the risk of a decrease in the level of grant funding, the increase in compliance requirements in accordance with company, health and safety and general data protection legislation, and ensuring security of the company's sensitive data, reputational risk and other operational risks. The company mitigates these risks as follows:

#### Financial risk

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

#### Operational/internal control risk

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

#### Post reporting date events

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations or the state of the affairs in the financial period subsequent to the financial year ended 31 December 2023.

## SUICIDE RESEARCH FOUNDATION

### DIRECTORS' REPORT (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

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##### Future developments

The company's future plans include making applications to various funding bodies for new funding for research projects with a success rate of two out of three grant applications. As of August 2023, the NSRF has been successful in obtaining additional grant funding for a new EU-funded research projects that will commence in 2024 – PROSPERH. Involving a consortium of 21 partners, PROSPERH will develop and validate the multi-level PROSPERH intervention, delivered via the PROSPERH Portal. The intervention will target both organisational (work), peer and individual (worker) aspects, with three components focusing on health promotion, online self-monitoring & self-management and clinical care or coaching referral pathways. Development will focus on tailoring content for three sectors experiencing significant change (telework and ICT-based mobile work, health and construction), with validation carried out in 10 representative European countries and Australia through a cluster-randomised controlled trial to determine effectiveness and cost-effectiveness. The PROSPERH project will run for 60 months, commencing in January 2024. In addition, the NSRF has received funding from the HSE's Quality and Patient Safety office to undertake a feasibility study aimed at determining the feasibility of establishing a National Suicide Register in Ireland, focused initially on patients who were in contact with mental health services. This project will run for 12 months, commencing in January 2024.

##### 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

Barry McGale  
**Director**

Margaret Kelleher  
**Director**

Date: 24 April 2024



# SUICIDE RESEARCH FOUNDATION

## DIRECTORS' RESPONSIBILITIES STATEMENT

### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

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#### 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

Barry McGale  
**Director**

Margaret Kelleher  
**Director**

Date: 24 April 2024

# SUICIDE RESEARCH FOUNDATION

## INDEPENDENT AUDITOR'S REPORT

### TO THE MEMBERS OF SUICIDE RESEARCH FOUNDATION

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#### Opinion

We have audited the financial statements of Suicide Research Foundation (the 'company') for the financial year ended 31 December 2023 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 2023 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

## INDEPENDENT AUDITOR'S REPORT (CONTINUED)

### TO THE MEMBERS OF SUICIDE RESEARCH FOUNDATION

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#### **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

### INDEPENDENT AUDITOR'S REPORT (CONTINUED)

### TO THE MEMBERS OF SUICIDE RESEARCH FOUNDATION

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#### **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:**

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

24 April 2024

Unit 2, Bowling Green  
White Street  
Cork

## SUICIDE RESEARCH FOUNDATION

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

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

	Notes	Restricted funds €	Unrestricted funds €	Total 2023 €	Total 2022 €
<b>Incoming Resources from:</b>					
	<b>3</b>				
Generated overhead		-	78,970	78,970	-
Overhead generated from collaborations		-	21,349	21,349	-
Investment income		-	233	233	-
Generated income - lectures and fees		-	-	-	5,739
Grant income		1,727,516	-	1,727,516	1,545,728
<b>Total incoming resources</b>	<b>4</b>	<u>1,727,516</u>	<u>100,552</u>	<u>1,828,068</u>	<u>1,551,467</u>
<b>Resources Expended on:</b>					
Payroll costs including social insurance costs		(1,454,134)	(69,861)	(1,523,995)	(1,360,496)
Pension costs		(28,385)	(2,703)	(31,088)	(25,568)
Recruitment costs		(16,281)	(7,396)	(23,677)	(1,633)
Data collection costs		(19,209)	-	(19,209)	(12,301)
Data collection travel costs		(40,279)	-	(40,279)	(41,026)
Travel, meetings and conferences		(38,922)	(4,703)	(43,625)	(39,297)
Premises and insurance costs		(31,849)	(3,304)	(35,153)	(31,888)
Professional and related fees		(33,774)	(6,172)	(39,946)	(46,996)
IT costs		(41,458)	(4,246)	(45,704)	(18,708)
Other administration costs		(19,165)	(1,934)	(21,099)	(6,221)
<b>Total resources expended</b>	<b>5</b>	<u>(1,723,456)</u>	<u>(100,319)</u>	<u>(1,823,775)</u>	<u>(1,584,134)</u>
<b>Net movement in funds for the financial year before taxation</b>		4,060	233	4,293	(32,667)
Tax on net movement	<b>10</b>	-	-	-	-
<b>Net movement in funds for the financial year</b>		<u>4,060</u>	<u>233</u>	<u>4,293</u>	<u>(32,667)</u>
<b>Reconciliation of funds:</b>					
		€	€	€	€
Net movement in funds for the financial year		4,060	233	4,293	(32,667)
Funds brought forward		(32,667)	220,888	188,221	220,888
Transfer from restricted income to restricted funds	<b>3</b>	32,667	-	32,667	-
Funds carried forward		<u>4,060</u>	<u>221,121</u>	<u>225,181</u>	<u>188,221</u>

# SUICIDE RESEARCH FOUNDATION

## BALANCE SHEET

AS AT 31 DECEMBER 2023

	Notes	2023 €	€	2022 €	€
<b>Fixed assets</b>					
Tangible assets	11		10,183		4,871
<b>Current assets</b>					
Debtors	13	85,107		41,621	
Cash at bank and in hand		764,427		590,328	
		849,534		631,949	
<b>Creditors: amounts falling due within one year</b>	14	(634,536)		(448,599)	
<b>Net current assets</b>			214,998		183,350
<b>Total assets less current liabilities</b>			225,181		188,221
<b>Funds of the charity</b>					
Restricted funds			4,060		(32,667)
Unrestricted funds			221,121		220,888
<b>Total charity funds</b>	18		225,181		188,221

The financial statements were approved by the board of directors and authorised for issue on 24 April 2024 and are signed on its behalf by:

Margaret Kelleher  
Director

Barry McGale  
Director

## SUICIDE RESEARCH FOUNDATION

### STATEMENT OF CHANGES IN FUNDS

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

	Restricted reserves €	Unrestricted reserves €	Total €
<b>Balance at 1 January 2022</b>	44,882	220,888	265,770
<b>Financial year ended 31 December 2022:</b>			
Net movement in funds for the financial year	(32,667)	-	(32,667)
Transfers	(44,882)	-	(44,882)
<b>Balance at 31 December 2022</b>	(32,667)	220,888	188,221
<b>Financial year ended 31 December 2023:</b>			
Net movement in funds for the financial year	4,060	233	4,293
Transfers	32,667	-	32,667
<b>Balance at 31 December 2023</b>	4,060	221,121	225,181

## SUICIDE RESEARCH FOUNDATION

### STATEMENT OF CASH FLOWS

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

	Notes	2023 €	€	2022 €	€
<b>Cash flows from operating activities</b>					
Cash generated from/(absorbed by) operations	21		183,198		(75,816)
<b>Investing activities</b>					
Purchase of tangible fixed assets		(9,332)		(4,529)	
Interest received		233		-	
<b>Net cash used in investing activities</b>			(9,099)		(4,529)
<b>Net cash used in financing activities</b>			-		-
<b>Net increase/(decrease) in cash and cash equivalents</b>			174,099		(80,345)
Cash and cash equivalents at beginning of financial year			590,328		670,673
<b>Cash and cash equivalents at end of financial year</b>			764,427		590,328



# SUICIDE RESEARCH FOUNDATION

## NOTES TO THE FINANCIAL STATEMENTS

### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

#### 1 Accounting policies

##### Company information

Suicide Research Foundation 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 is a company limited by guarantee (licenced company) 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 4.28 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. 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 €4,293 (2022: net outgoing funds: €32,667) with total incoming resources from the Health Service Executive, other agencies and other resources amounting to €1,828,068 (2022: €1,551,467) and total resources expended amounting to €1,823,775 (2022: €1,584,134). The balance sheet shows total charity funds of €225,181 (2022: €188,221).

From a financial perspective, current inflationary pressures have impacted the company. The HSE/ Department of Health is making a further one off in 2024 to the company including an estimated amount of €16,056 relating to 2023 to counteract these pressures. 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

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

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### 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

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

#### 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

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

#### 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.

##### **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.

# SUICIDE RESEARCH FOUNDATION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

#### 1 Accounting policies

(Continued)

##### **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.

#### 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.

# SUICIDE RESEARCH FOUNDATION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

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### 1 Accounting policies

(Continued)

#### 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

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

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#### 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 at least 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.

##### ***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

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

### 3 Incoming resources

The incoming resources of the company for the financial year have been wholly derived from its principal activity mainly 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.

All funds are restricted in use according to the Service Contracts and require Tax Clearance. 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 - 2023

Taken to Income & expenditure - €300,000

Received in financial year - €300,000

Remaining at year end - €4,817

Expended - €300,000

Term - January 2020 to December 2024

Date received - monthly

Agency - HSE

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

Purpose - Connecting For Life Strategy Service Arrangement

Total grant - €752,900 plus Once-Off Support Fund €38,745 - 2023

Taken to Income & expenditure - €752,900 plus €38,745 totalling €791,645

Received in financial year - €791,645

Deferred at year end - €Nil

Expended - €791,645

Term - January 2020 to December 2024

Date received - monthly

Agency - HSE CHO4

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

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

Total grant - Maximum of €137,199 for the period 01/07/2023 to 30/06/2024

Taken to Income & expenditure - €117,208 and €10,000 (unrestricted overhead)

Received in financial year - €135,960 (including €10,000 for overhead)

Deferred at year end - €66,085

Expended - €117,208

Term - Financial year 1 July 2023 to 30 June 2024.

Date received - Periodic

Agency - HSE

Grant type - Pay Restoration 2021/2022 S39 Revenue Grant

Purpose - Determination of pay restoration

Total grant - €35,269

Taken to Income & expenditure - €35,269

Received in financial year - €27,042

Deferred at year end - €Nil

Expended - €35,269

Term - Financial year 2023

Date received - August 2023



## SUICIDE RESEARCH FOUNDATION

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

### 3 Incoming resources

(Continued)

Agency - Health Research Board (HRB) - Collaboration between UCC, NSRF and HSE

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 - €19,811

Received in financial year - €13,402

Deferred at year end - €6,445

Expended - €19,811

Term - Ongoing

Date received - October 2023

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 - €71,188

Received in financial year - €71,188

Deferred at year end - €646

Expended - €71,188

Term - Ongoing to February 2024

Date received - December 2023

Agency - Higher Education Authority (HEA)

Grant type - Revenue Grant

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

Total grant - €60,000 - 2023

Taken to Income & expenditure - €48,103

Received in financial year - €60,000

Deferred at year end - €8,857

Expended - €48,103

Term - Ongoing

Date received - March 2023

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 - €1,442

Received in financial year - €Nil

Deferred at year end - €3,712

Expended - €1,442

Term - Ongoing

Date received - Periodic

Agency - HSE NOSP

Grant type - Self Harm Training Programme (SAMAGH)

Purpose - Self harm Assessment & Management in General Hospitals Training Programme

Total grant - €30,000

Taken to Income & expenditure - €770

Received in financial year - €20,000

Deferred at year end - €24,706

Expended - €770

Term - 2023 to 2024

Date received - March 2023

Agency - HSE NOSP

Grant type - Secondment Arrangements

Purpose - 1 arrangement for an NSRF employee to function within NOSP and 1 arrangement to develop a third level Self Harm & Suicide Module

Total grants - Cost of employee remuneration plus Employer's PRSI and Employer's Pension Contributions

Taken to Income & expenditure - €20,497 and €74,961

Received in financial year - €20,827 and €60,000

Deferred at year end - €Nil and €Nil

Expended - €20,497 and €74,961

Term - November 2022 to October 2023 and November 2022 to February 2024

Date received - December 2023 and March 2023

## SUICIDE RESEARCH FOUNDATION

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

#### 3 Incoming resources

(Continued)

Agency - HSE NOSP

Grant type - Youth Bereavement Study Revenue Grant

Purpose - NOSP Project to Identify the Needs of Young People and their Families Bereaved By Suicide

Total grant - €24,940

Taken to Income & expenditure - €4,360

Received in financial year - €24,940

Deferred at year end - €20,580

Expended - €4,360

Term - October 2023 to July 2024

Date received - December 2023

Agency - HSE NOSP

Grant type - National Clinical Programme for Self-Harm and Suicide-related Ideation for the Suicide Assessment Nurse Service(NCPSHI SCAN)

Purpose - Standardised methodology for the implementation of the Suicide Crisis Nurse (SCAN) Service

Total grant - Short term additional data manager resource

Taken to Income & expenditure - €13,558

Received in financial year - €13,558

Deferred at year end - €Nil

Expended - €13,558

Term - July 2023 to February 2024

Date received - December 2023

Agency - HSE NOSP

Grant type - Talking Therapies Revenue Grant

Purpose - Project to evaluate the implementation of Talking Therapies Model of Care

Total grant - €36,130

Taken to Income & expenditure - €13,069

Received in financial year - €36,130

Deferred at year end - €23,061

Expended - €13,069

Term - August 2023 to end 2024

Date received - August 2023

Agency - Department of Health

Grant type - Women's Travellers Project Revenue Grant

Purpose - Project to Understanding the mental health challenges & potential interventions for women from the Traveller Community presenting to EDs with suicidal ideation

Total grant - €25,689

Taken to Income & expenditure - €9,553

Received in financial year - €25,689

Deferred at year end - €16,136

Expended - €9,553

Term - April 2023 to early 2024

Date received - March 2023

Agency - HSE Community Healthcare (CHO7)

Grant type - CHO7 Individuals presenting to Emergency Departments following self-harm with co-occurring Alcohol and/or Drug use Revenue Grant

Purpose - Identifying the needs of the individuals to optimize referral and service provision

Total grant - €19,996

Taken to Income & expenditure - €8,538

Received in financial year - €19,996

Deferred at year end - €11,458

Expended - €8,538

Term - October 2023 to mid 2024

Date received - September 2023

Agency - HSE NOSP and the Irish Prison Service (IPS)

Grant type - Data Collection & Analysis from the SADA project in the IPS Revenue Grant

Purpose - Project to collect, verify and assimilate data for the Self-harm Assessment and Data Analysis (SADA) in the Irish Prison Service

Total grant - €47,555

Taken to Income & expenditure - €100

Received in financial year - €Nil

Deferred at year end - €Nil

Expended - €100

Term - Early 2024 for 1 year

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 expected to commence 2024 after the tender for the evaluation is finalised by NOSP. These funds have been deferred to 2024.

# SUICIDE RESEARCH FOUNDATION

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

#### 4 Incoming resources

	2023 €	2022 €
<u>Restricted Income</u>		
HSE NOSP - National Suicide Research Foundation	304,817	335,046
HSE NOSP - National Self-Harm Registry Ireland	770,217	679,772
HSE CHO4 - National Dialectical Behaviour Therapy Training Teams	117,208	134,771
International Association for Suicide Prevention Project	1,246	7,206
World Health Organisation Collaborating Centre	30,120	35,576
HSE NOSP - Coronial Data & Clinical Care Programme	71,188	65,940
Northern Ireland Public Health Agency - Statistical Analysis & Independent Verification of NI Self Harm Registry	36,625	34,895
European Commission Horizon 2020 Programme MENTUPP, Mental Health Promotion and Intervention in Occupational Settings	74,985	57,385
HSE CHO4 - Open Dialogue Initiative	-	5,742
HEA - C - SSHRI - Connecting Suicide & Self Harm Researchers in Ireland Project	48,103	39,245
HSE NOSP Evaluation of Bereavement Support Service	1,442	24,864
European Alliance Against Depression (EAAD) Best Project	74,695	47,119
HSE S39 Pay Restoration Funding	35,269	-
HSE NOSP/HRB Data Collection Project	-	37,139
HSE NOSP - Self Harm Assessment & Management in General Hospitals Project - SAMAGH	770	14,524
HSE NOSP Secondment Programme	20,497	5,260
HSE NOSP Secondment Programme - Third Level Module Development	74,961	5,039
Department of Health Women's Travellers Project	9,553	-
HSE NOSP - NCP SHI SCAN	13,558	-
European Alliance Against Depression (EAAD) MENTBEST Project	16,195	-
HSE NOSP Youth Bereavement Study	4,360	-
HSE CHO7 - Individuals presenting to EDs with self-harm and alcohol and or drug abuse	8,538	-
HSE NOSP - Talking Therapies	13,069	-
HSE NOSP and Irish Prison Service programme	100	-
	<u>1,727,516</u>	<u>1,529,523</u>
<u>Unrestricted Income</u>		
Generated income - fees, donations & overhead	14,509	5,739
Overhead income National DBT	10,000	-
Overhead income - MHAINTEIN	5,378	-
Overhead income MENTUPP	49,083	-
Overhead from collaborations - Providing Improved Care For Self Harm Study (PRISM)	19,811	-
Overhead from collaborations - PERMANENS Programme	1,538	-
Interest on bank deposits <b>Note 9</b>	233	-
	<u>100,552</u>	<u>5,739</u>
Total funding	<u><u>1,828,068</u></u>	<u><u>1,535,262</u></u>

## SUICIDE RESEARCH FOUNDATION

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

##### 5 Analysis of resources expended

Restricted	Foundation and Research	Registry	2023 €	2022 €
Payroll costs including social insurance costs	792,763	661,371	1,454,134	1,355,995
Pension costs	25,993	2,392	28,385	25,568
Support and sundry costs	-	-	-	-
Recruitment costs	8,140	8,141	16,281	1,633
Data collection costs	-	19,209	19,209	12,301
Data collection travel costs	280	39,999	40,279	41,026
Travel, meetings and conferences	30,820	8,102	38,922	39,173
Fees and subscriptions	12,852	5,429	18,281	29,507
Stationery, printing and postage	15,751	2,610	18,361	4,257
Telephones	388	702	1,090	570
Rent	10,249	10,250	20,499	17,867
Insurance	3,120	3,120	6,240	11,298
Bank charges	377	427	804	853
Accountancy fees	3,442	3,441	6,883	8,876
Audit fees	4,305	4,305	8,610	8,610
Computer running costs	9,476	31,982	41,458	18,708
Depreciation	2,010	2,010	4,020	2,153
	<u>919,966</u>	<u>803,490</u>	<u>1,723,456</u>	<u>1,578,395</u>
<b>Unrestricted</b>				
<b>MENTUPP, National DBT, PRISM, PERMANENS, MHAINAIN and other overhead funding from fees, donations and overheads</b>				
Payroll costs including social insurance costs	69,861	-	69,861	4,501
Pension costs	2,703	-	2,703	-
Recruitment costs	7,396	-	7,396	-
Travel, meetings and conferences	4,703	-	4,703	124
Premises and insurance costs	3,304	-	3,304	-
Professional fees and related costs	4,179	-	4,179	3
Accountancy fees	1,993	-	1,993	-
IT costs	4,246	-	4,246	-
Staff welfare costs	-	-	-	1,052
Other administration costs	1,934	-	1,934	59
	<u>100,319</u>	<u>-</u>	<u>100,319</u>	<u>5,739</u>
<b>Total resources expended</b>	<u>989,827</u>	<u>803,490</u>	<u>1,823,775</u>	<u>1,584,134</u>

## SUICIDE RESEARCH FOUNDATION

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

<b>6 Auditor's remuneration</b>		
Fees payable to the company's auditors:	<b>2023</b>	<b>2022</b>
	€	€
<b>For audit services</b>		
Audit of the financial statements of the company	8,610	8,610
	<u>          </u>	<u>          </u>
<b>For other services</b>		
All other non-audit services	8,876	8,876
	<u>          </u>	<u>          </u>
<b>7 Net incoming resources</b>		
Net incoming resources are stated after charging:	<b>2023</b>	<b>2022</b>
	€	€
Depreciation of owned tangible fixed assets	4,020	2,153
	<u>          </u>	<u>          </u>
<b>8 Employees</b>		
The average monthly number of persons (including directors) employed by the company during the financial year was:		
	<b>2023</b>	<b>2022</b>
	Number	Number
Foundation	21	18
Registry	17	18
	<u>          </u>	<u>          </u>
	38	36
	<u>          </u>	<u>          </u>
Their aggregate remuneration comprised:		
	<b>2023</b>	<b>2022</b>
	€	€
Wages and salaries	1,364,999	1,240,197
Social security costs	142,828	120,299
Pension costs	31,088	25,568
	<u>          </u>	<u>          </u>
	1,538,915	1,386,064
	<u>          </u>	<u>          </u>

No remuneration was paid to any director during the financial year and the directors had no financial interests in the company at any time during the financial year. There was one employee (2022: One) who received employee benefits excluding employer pension costs of between €100,000 and €110,000 during the financial year. There was no employee (2022: One) who received employee benefits excluding employer pension costs of between €80,000 and €90,000 during the financial year.

## SUICIDE RESEARCH FOUNDATION

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

#### 9 Interest receivable and similar income

	2023 €	2022 €
<b>Interest income</b>		
Interest on bank deposits	233	-

Investment income includes the following:

Interest on financial assets not measured at fair value through statement of financial activities	233	-
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#### 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 €
<b>Cost</b>	
At 1 January 2023	41,829
Additions	9,332
At 31 December 2023	51,161
<b>Depreciation and impairment</b>	
At 1 January 2023	36,958
Depreciation charged in the financial financial year	4,020
At 31 December 2023	40,978
<b>Carrying amount</b>	
At 31 December 2023	10,183
At 31 December 2022	4,871

#### 12 Financial instruments

	2023 €	2022 €
<b>Carrying amount of financial assets</b>		
Debt & other financial instruments measured at amortised cost	832,711	631,949
<b>Carrying amount of financial liabilities</b>		
Measured at amortised cost	594,314	413,810

## SUICIDE RESEARCH FOUNDATION

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

#### 13 Debtors

	2023	2022
	€	€
<b>Amounts falling due within one year:</b>		
Accrued income	68,284	41,621
Prepayments	16,823	-
	<u>85,107</u>	<u>41,621</u>

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.

#### 14 Creditors: amounts falling due within one year

	2023	2022
	€	€
PAYE and social security	40,222	34,789
Accruals	56,571	34,138
Deferred income	537,743	379,672
	<u>634,536</u>	<u>448,599</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 financial year.

#### 15 Deferred grants

	2023	2022
	€	€
Arising from government and other agency grants	<u>537,743</u>	<u>379,672</u>

Deferred income is included in the financial statements as follows:

	2023	2022
	€	€
Current liabilities	<u>537,743</u>	<u>379,672</u>

## SUICIDE RESEARCH FOUNDATION

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

#### 16 Retirement benefit schemes

	2023	2022
	€	€
<b>Defined contribution schemes</b>		
Charge to statement of financial activities in respect of defined contribution schemes	29,393	24,130
	<u>29,393</u>	<u>24,130</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.

#### 18 Analysis of Net Assets by Fund

	Fixed Assets €	Current assets €	Current liabilities €	Closing Balance €
<b>Unrestricted income</b>				
Unrestricted Funds	-	849,534	(628,413)	221,121
	<u>-</u>	<u>849,534</u>	<u>(628,413)</u>	<u>221,121</u>
<b>Restricted income</b>				
Restricted Funds	10,183	-	(6,123)	4,060
	<u>10,183</u>	<u>-</u>	<u>(6,123)</u>	<u>4,060</u>
	<u>10,183</u>	<u>849,534</u>	<u>(634,536)</u>	<u>225,181</u>

#### 19 Events after the reporting date

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations or the state of the affairs in the financial period subsequent to the financial year ended 31 December 2023.

#### 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. There were no other related party transactions during the financial year.



## SUICIDE RESEARCH FOUNDATION

### NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

#### FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

#### 21 Cash generated from operations

	2023 €	2022 €
Net incoming resources for the financial year after tax	4,293	(32,667)
<b>Adjustments for:</b>		
Investment income	(233)	-
Depreciation and impairment of tangible fixed assets	4,020	2,153
Transfer from current year income to restricted reserves	32,667	(44,882)
<b>Movements in working capital:</b>		
(Increase)/decrease in debtors	(43,486)	7,507
Increase/(decrease) in creditors	185,937	(7,927)
<b>Cash generated from operations</b>	<u>183,198</u>	<u>(75,816)</u>

#### 22 Analysis of changes in net funds

	1 January 2023 €	Cash flows €	31 December 2023 €
Cash at bank and in hand	590,328	174,099	764,427

#### 23 Approval of financial statements

The directors approved the financial statements on 24 April 2024.

SUICIDE RESEARCH FOUNDATION  
UNAUDITED MANAGEMENT  
INFORMATION FOR THE  
FINANCIAL YEAR ENDED  
31 DECEMBER 2023

## SUICIDE RESEARCH FOUNDATION

### DETAILED STATEMENT OF FINANCIAL ACTIVITIES

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

	€	2023 €	€	2022 €
<b>Foundation income</b>		304,817		335,046
HSE NOSP - NSRF	300,000		299,399	
HSE NOSP - NSRF - brought forward from 2021	-		35,647	
HSE/WRC funding 2023	4,817		-	
<b>Foundation costs</b>				
Salaries & wages	(231,119)		(259,592)	
Social welfare costs	(21,270)		(22,847)	
Staff pension costs defined contribution	(7,682)		(7,272)	
Staff recruitment costs	(8,140)		-	
Data collection travel costs	(80)		-	
Rent	(10,249)		(8,933)	
Insurance	(3,120)		(5,609)	
Travelling expenses	(2,027)		(6,409)	
Meeting & conference costs	(1,156)		(2,590)	
Postage, printing & stationery	(1,094)		(1,659)	
Bank charges	(364)		(360)	
Fees, training & subscriptions	(4,465)		(5,815)	
Accountancy fees	(3,442)		(4,438)	
Audit fees	(4,305)		(4,305)	
Computer running costs	(3,293)		(4,943)	
Telecommunications	(293)		(274)	
Depreciation	(2,010)		-	
		(304,109)		(335,046)
		708		-
<b>HRB Data Collection</b>		-		-
Funding receivable	-		37,139	
Salaries & wages	-		(27,521)	
Social welfare costs	-		(3,022)	
Travel costs	-		(6,596)	
<b>International Association for Suicide Prevention Project</b>		-		-
Funding receivable	1,246		7,206	
Salaries & wages	(1,106)		(6,398)	
Social welfare costs	(127)		(688)	
Bank charges	(13)		(120)	
<b>HSE NOSP - DBT Training Teams Project</b>		-		-
Funding receivable	127,208		134,771	
Salaries & wages	(107,565)		(107,251)	
Social welfare costs	(11,414)		(12,090)	
Travel costs	(1,323)		(2,135)	
Data collection travel costs	(200)		-	
Stationery & supplies	(31)		(38)	
Fees & subscriptions	(826)		(10,000)	
Meetings & conferences	(353)		(1,855)	

## SUICIDE RESEARCH FOUNDATION

### DETAILED STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

	€	2023 €	€	2022 €
Pension costs	(1,039)		(561)	
Sundry expenses	(893)		-	
Rent	(395)		-	
Accountancy fees	(315)		-	
Insurance	(127)		-	
Recruitment costs	(920)		-	
Computer running costs	(1,807)		(841)	
<b>HEA - C - SSHRI</b>		-		-
Funding receivable	48,103		39,245	
Salaries & wages	(36,421)		(34,301)	
Social welfare costs	(4,041)		(3,349)	
Computer running costs	(1,606)		(100)	
Travel costs	(379)		(895)	
Fees & subscriptions	(1,400)		-	
Meetings & conferences	(4,256)		(600)	
<b>HSE NOSP Bereavement Support</b>		-		-
Funding receivable	1,442		24,864	
Salaries & wages	-		(13,061)	
Social welfare costs	-		(2,613)	
Travel costs	(83)		(1,264)	
Printing Stationery & postage	(897)		(211)	
Computer running expenses	-		(25)	
Fees and subscriptions	(329)		(3,809)	
Meetings & conferences	(133)		(2,658)	
Pension costs	-		(1,223)	
<b>World Health Organisation Collaborating Centre</b>		-		-
Funding receivable	30,120		35,576	
Salaries & wages	(26,798)		(31,738)	
Social welfare costs	(2,922)		(3,450)	
Telephones	(25)		-	
Computer running expenses	(375)		(376)	
Bank charges	-		(12)	
<b>EAAD - BEST</b>		-		-
Funding receivable	74,695		47,119	
Salaries & wages	(43,288)		(41,115)	
Social welfare costs	(4,356)		(3,035)	
Travel costs	(2,529)		(55)	
Computer running expenses	(438)		(469)	
Stationery, printing & postage	(12,757)		-	
Fees & subscriptions	(5,683)		(150)	
Meetings & conferences	(2,631)		-	
Pension costs	(3,013)		(2,295)	

## SUICIDE RESEARCH FOUNDATION

### DETAILED STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

	€	2023 €	€	2022 €
<b>HSE NOSP Pay Restoration</b>		-		-
Funding receivable	35,269		-	
Salaries & wages	(27,820)		-	
Social welfare costs	(7,449)		-	
	-----		-----	
<b>HSE NOSP Secondment Project</b>		-		-
Funding receivable	20,497		5,260	
Salaries & wages	(16,605)		(4,231)	
Social welfare costs	(1,832)		(450)	
Travel costs	(596)		(221)	
Pension costs	(1,411)		(358)	
Computer running costs	(53)		-	
	-----		-----	
<b>HSE NOSP - Coronial Data &amp; Clinical Care Project</b>		-		-
Funding receivable	71,188		65,940	
Salaries & wages	(54,524)		(50,834)	
Social welfare costs	(6,025)		(5,617)	
Travel costs	(4,922)		(5,253)	
Computer running expenses	(100)		(200)	
Meetings & conferences	(982)		(285)	
Pension costs	(4,635)		(4,321)	
	-----		-----	
<b>HSE NOSP Third Level Development Module Project</b>		-		-
Funding receivable	74,961		5,039	
Salaries & wages	(64,668)		(4,231)	
Social welfare costs	(6,853)		(450)	
Travel costs	(506)		-	
Pension costs	(2,813)		(358)	
Stationery & supplies	(30)		-	
Meeting costs	(44)		-	
Computer running costs	(47)		-	
	-----		-----	
<b>Emerging Investigators Award - PRISM</b>		-		-
Funding receivable	19,811		16,205	
Salaries & wages	(16,522)		(14,080)	
Social welfare costs	(1,703)		(1,403)	
Travel costs	(118)		-	
Pension costs	(1,468)		(722)	
	-----		-----	
<b>Open Dialogue Initiative</b>		-		-
Funding receivable	-		5,742	
Salaries & wages	-		(5,167)	
Social welfare costs	-		(455)	
Telephones	-		(20)	
Computer running expenses	-		(100)	
	-----		-----	

## SUICIDE RESEARCH FOUNDATION

### DETAILED STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

	€	2023 €	€	2022 €
<b>Generated income - fees, donations &amp; overheads</b>		-		-
Funding receivable	14,509		5,739	
Salaries & wages	(12,239)		(4,233)	
Social welfare costs	(1,315)		(268)	
Travel costs	-		(24)	
Stationery & supplies	-		(9)	
Fees & subscriptions	(955)		(3)	
Meeting costs	-		(100)	
Sundry expenses	-		(50)	
Staff welfare costs	-		(1,052)	
	-----		-----	
<b>HSE NOSP SAMAGH Project</b>		-		-
Funding receivable	770		14,524	
Salaries & wages	-		(4,188)	
Social welfare costs	-		(425)	
Travel costs	-		(1,542)	
Stationery & printing	-		(219)	
Meeting costs	(296)		-	
Fees & subscriptions	(474)		(8,150)	
	-----		-----	
<b>European Commission Horizon 2020 Programme - MENTUPP</b>		-		-
Funding receivable	124,068		57,385	
Salaries & wages	(85,885)		(43,975)	
Social welfare costs	(8,502)		(4,613)	
Travel costs	(1,966)		(2,171)	
Stationery, printing & postage	(145)		(52)	
Fees & subscriptions	(1,810)		-	
Computer running expenses	(4,626)		(100)	
Meetings & conferences	(4,270)		(815)	
Sundry expenses	(515)		-	
Rent	(2,106)		-	
Insurance	(676)		-	
Accountancy fees	(1,678)		-	
Recruitment costs	(5,714)		-	
Pension costs	(6,175)		(5,659)	
	-----		-----	
<b>HSE NOSP Women Travellers Project</b>		-		-
Funding receivable	9,553		-	
Salaries & wages	(4,505)		-	
Social welfare costs	(396)		-	
Travel costs	(2,572)		-	
Telephones	(70)		-	
Stationery & printing	(973)		-	
Fees & subscriptions	(82)		-	
Meeting costs	(955)		-	
	-----		-----	

## SUICIDE RESEARCH FOUNDATION

### DETAILED STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

	€	2023 €	€	2022 €
<b>HSE NOSP Clinical Programme for Self-Harm and Suicide-related Ideation (NCPSHI) - Guidance for the Suicide Crisis Assessment Nurse (SCAN)</b>				
Funding receivable	13,558	-	-	-
Salaries & wages	(11,640)	-	-	-
Social welfare costs	(1,473)	-	-	-
Travel costs	(445)	-	-	-
	-----		-----	
<b>EAAD - MENTBEST</b>				
Funding receivable	16,195	-	-	-
Salaries & wages	(13,000)	-	-	-
Social welfare costs	(1,395)	-	-	-
Travel costs	(623)	-	-	-
Computer running costs	(1,177)	-	-	-
	-----		-----	
<b>Youth Bereavement Study</b>				
Funding receivable	4,360	-	-	-
Salaries & wages	(3,851)	-	-	-
Social welfare costs	(409)	-	-	-
Fees & subscriptions	(50)	-	-	-
Computer running costs	(50)	-	-	-
	-----		-----	
<b>PERMANENS Project</b>				
Funding receivable	1,538	-	-	-
Travel costs	(1,538)	-	-	-
	-----		-----	
<b>HSE NOSP Talking Therapies</b>				
Funding receivable	13,069	-	-	-
Salaries & wages	(11,767)	-	-	-
Social welfare costs	(1,177)	-	-	-
Travel costs	(125)	-	-	-
	-----		-----	
<b>HSE CH07 Individuals who present to ED - Alcohol &amp; Drug</b>				
Funding receivable	8,538	-	-	-
Salaries & wages	(7,144)	-	-	-
Social welfare costs	(884)	-	-	-
Pension costs	(460)	-	-	-
Travel costs	(50)	-	-	-
	-----		-----	
<b>HSE NOSP Irish Prison Service</b>				
Funding receivable	100	-	-	-
Computer running costs	(100)	-	-	-
	-----		-----	

## SUICIDE RESEARCH FOUNDATION

### DETAILED STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

	€	2023 €	€	2022 €
<b>Generated income - MHAINAIN</b>		-		-
Funding receivable	5,378		-	
Salaries & wages	(2,412)		-	
Social welfare costs	(202)		-	
Travel costs	(144)		-	
Stationery & supplies	(130)		-	
Fees & subscriptions	(957)		-	
Meeting costs	(551)		-	
Sundry expenses	(220)		-	
Recruitment costs	(762)		-	
	<u>          </u>	<u>          </u>	<u>          </u>	<u>          </u>
Foundation net movement in funds		708		-
		<u>          </u>		<u>          </u>



## SUICIDE RESEARCH FOUNDATION

### DETAILED STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED)

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2023

	€	2023 €	€	2022 €
<b>National Self-Harm Registry Ireland</b>				
Funding receivable		770,217		679,772
HSE NOSP	752,900		670,537	
HSE NOSP - brought forward from 2021	-		9,235	
HSE/WRC funding 2022	6,078		-	
HSE/WRC funding 2023	11,239		-	
Overhead funding	-		-	
<b>National Self-Harm Registry costs</b>				
Wages and salaries	(566,904)		(588,281)	
Social welfare costs	(57,007)		(55,524)	
Other staff costs	(1,500)		-	
Data Registration Officer recruitment costs	-		(1,633)	
Staff pension costs defined contribution	(2,392)		(2,799)	
Staff recruitment costs	(8,141)		-	
Data collectors	(19,209)		(12,301)	
Data collection travel costs	(39,999)		(41,026)	
Rent	(10,250)		(8,934)	
Insurance	(3,120)		(5,689)	
Travelling expenses	(1,312)		(2,276)	
Meetings & conferences	(6,125)		(2,123)	
Stationery, printing & postage	(2,610)		(2,078)	
Bank charges	(427)		(361)	
Fees, training & subscriptions	(5,429)		(1,583)	
Accountancy fees	(3,441)		(4,438)	
Audit fees	(4,305)		(4,305)	
Computer running costs	(31,982)		(11,554)	
Telecommunications	(702)		(276)	
Depreciation	(2,010)		(2,153)	
		(766,865)		(747,334)
National Self-Harm Registry net movement in funds		3,352		(67,562)
<b>Northern Ireland Statistical Consultancy</b>				
Funding receivable	36,625		34,895	
Social welfare costs	(3,593)		-	
Salaries & wages	(32,367)		-	
Meetings costs	(665)		-	
		-		34,895
Northern Ireland Statistical Consultancy		-		34,895
Overall National Self Harm Registry net movement in funds		3,352		(32,667)
<b>Overall operating net movement in funds</b>		<b>4,060</b>		<b>(32,667)</b>





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