

Youth Suicide Prevention Ireland

**Annual Report and Audited Financial Statements
for the financial year ending 31 October 2021**

Raheny Accounts Limited TA Irish Accounts
Chartered Certified Accountants and Statutory Auditors
Unit 6
Abbey Business Park
Baldoyle Industrial Estate
Dublin 13
D13 N738
Republic of Ireland

Revenue Tax Exemption CHY18438.
Registered Charity Number 20070670

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TRUSTEES AND OTHER INFORMATION

Trustees	Nelius Enright (Chairperson) Yvonne Higgins (Secretary) Alan Redmond Gearóid O'Callahan Cristian Pop
Directors	Anthony Philpott Alan McKelvie
Charity Number	CHY18438.
Charities Regulatory Authority Number	20070670
Auditors	Raheny Accounts Limited TA Irish Accounts Chartered Certified Accountants and Statutory Auditors Unit 6 Abbey Business Park Baldoyle Industrial Estate Dublin 13 D13 N738
Bankers	AIB Blackpool Retail Park Blackpool Co Cork
Solicitors	BDM Boylan Bridge House Washington Street Cork Co Cork

TRUSTEES' ANNUAL REPORT

For the Financial Year ending 31st October 2021

OVERVIEW BY CHAIRPERSON

We had hoped that 2021 would see some respite from the effects of COVID-19 not just on our lives but especially our mental health. Unfortunately this was not the case and 2021 was characterised by high level health restrictions and several lockdowns.

For much of the year schools and colleges were closed with students learning in virtual online classes from home. By moving our own Schools Programme online and making all our resources available by download or video we were able to support students and their families during the worst of the restrictions.

It is our sincere hope that the damage to the mental health of the young people of Ireland will not be sustained or irreparable, and that the introduction of the vaccine programme will allow some return to normality. The fact that many young people and their families were still desperate for support and mental health crisis information is borne out by the increase in crisis contacts with the charity with contact requests averaged around 31,000 per week during periods of Level 5 restrictions, but this dropped to an average of around 5,500 per week once restrictions were eased.

Our Awareness Team were doing amazing work and still managed to organise 42 events during the year. We developed a new Zoom based Parents' Workshops that we held online several times a week where we averaged 12 participants per workshop over the year.

We went into 2021 in a much stronger position than we were starting 2020. Although our fundraising was depressed by restrictions our amazing fundraising team had laid substantial groundwork in terms of setting up online and virtual events and approaching existing fundraisers and donors for support.

We managed to achieve a significant amount of service improvements during 2021 with new automated systems and financial controls. We also developed our new Let's Talk About Mental Health Programme and refurbished and opening our Youth Mental Health Training Centre. We have a strong Development Plan for 2022 and excellent volunteers and supporters to get us there.

The Trustees accordingly present their Trustees' Report and the audited financial statements for the financial year ended 31 October 2021.

ACTIVITIES AND OUTCOMES

General Overview of 2021

Once again, our activities were totally affected by the COVID pandemic and the health regulations required to mitigate the worst of its effects.

The number of Crisis contacts that we received increased even compared to 2020 but we dealt with them as best we could although we could not provide the high standard of support we would previously have provided as we had to rely heavily on automated response system for many of the non-critical crisis contacts we received.

COVID-19 Health Restrictions

2021 was divided into periods of restriction and reduced restriction. From 1st November to 5th December we had the 2nd Wave restrictions. These were loosened running up to Christmas but reimposed as a full lockdown after Christmas and through to early April as the 3rd wave emerged. Restrictions were reduced from April through to early October.

Four Steps to Help Programme

YSPI developed the Four Steps to Help Programme for Schools with the assistance of Dr Keith Holmes, a consultant child and adolescent psychiatrist, and Medical Director of St John of God's Youth Mental Health Services. We have spent the last eight years completing the programme, which is now a comprehensive and respected mental health awareness and suicide prevention programme.

Schools Programme

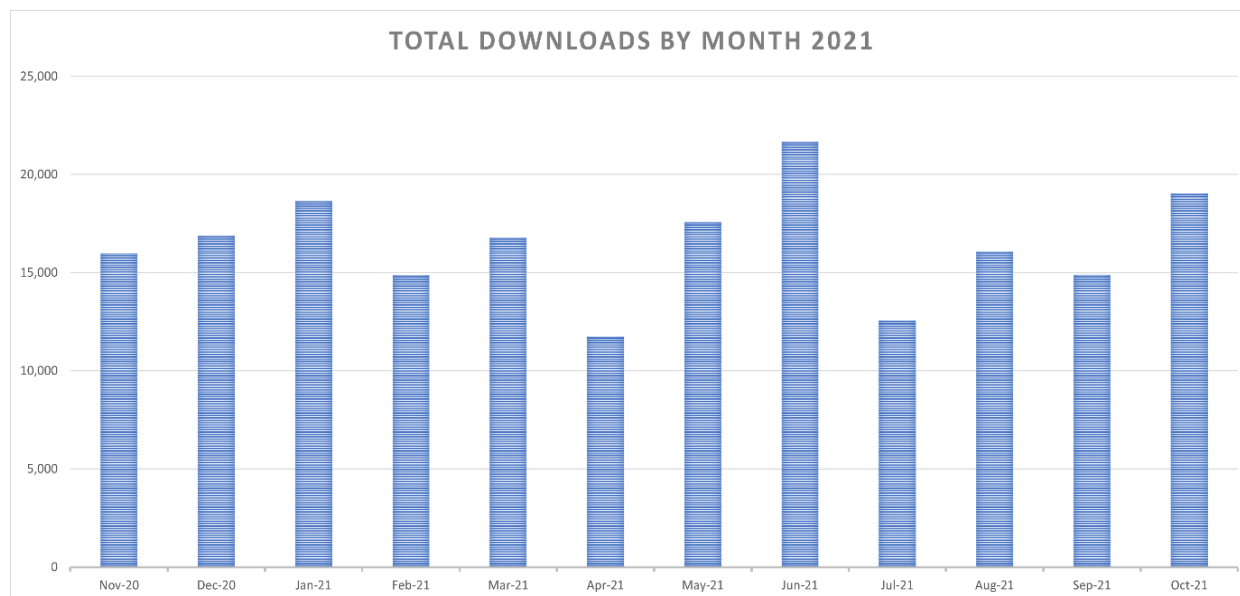
Due to high demand and ongoing health restrictions it has been very difficult to provide our Schools Programme to all the schools and organisations that have requested our assistance even though we have moved the workshop portion online, but this was a stop-gap response to COVID-19 and the restrictions and lockdowns that followed.

Following consultations with schools and colleges and our own advisory panel we decided in 2021 that we needed to find a better way of providing access to our Mental Health Awareness and Suicide Prevention workshops to students with better value for money and easier access. So we are delighted to announce a new way of providing our Schools Programme, The Let's Talk about Mental Health Programme.

Information Downloads

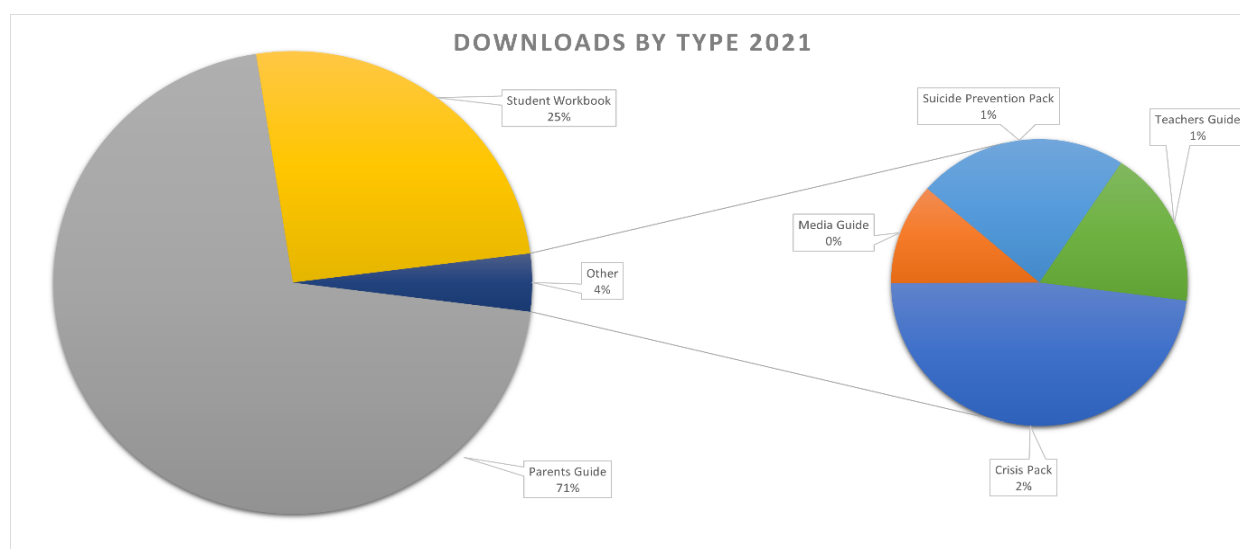
As part of our COVID response we have been making our substantial catalogue of information resources available online. This includes our Parents' Handbook, Teachers' Manual, Student Workbook and other mental health and suicide prevention resources.

In total we have had 196,743 downloads of resources across all types during 2021. This is a 564% increase from the 29,644 downloads in 2020.

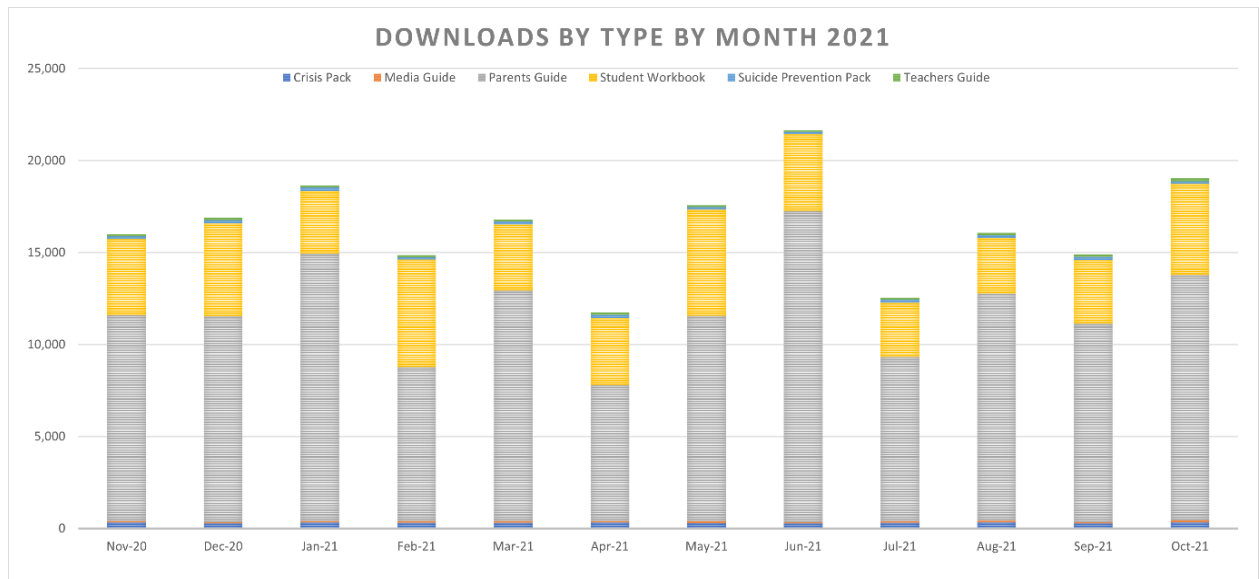


The monthly download rate was quite consistent and does not seem to be as affected by COVID restrictions as other services.

The Parents' Guide is again our highest performing download with 71% of downloads being for that publication. This is also the publication most often taken at Awareness Events. We will be updating and republishing the Parents' Guide as part of the new 'Let's Talk About Mental Health' Programme.



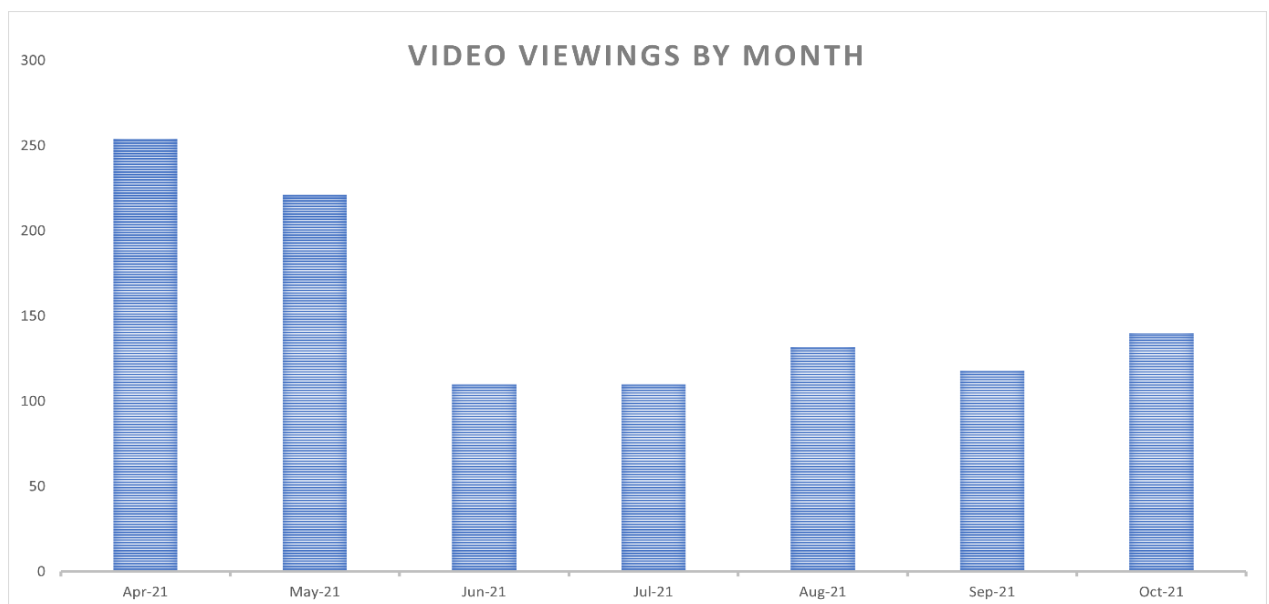
The Student Workbook had 25% of the downloads mostly as it is an integral part of the Four Steps to Help Schools Programme and forms study notes on the main points of the live workshop.



Video Downloads

From April 2021 we were in a position to provide a video version of our Schools Programme Workshop to supplement the live Zoom workshops. This was due to demand for an online offering for students working from home. The video was viewed by 1,085 unique visitors.

The feedback on the video was lukewarm due to the simplistic style, essentially an animated PowerPoint presentation with voice-over. However it did provide incentive to create a high quality live version with a professional presenter which we will be developing in 2022.



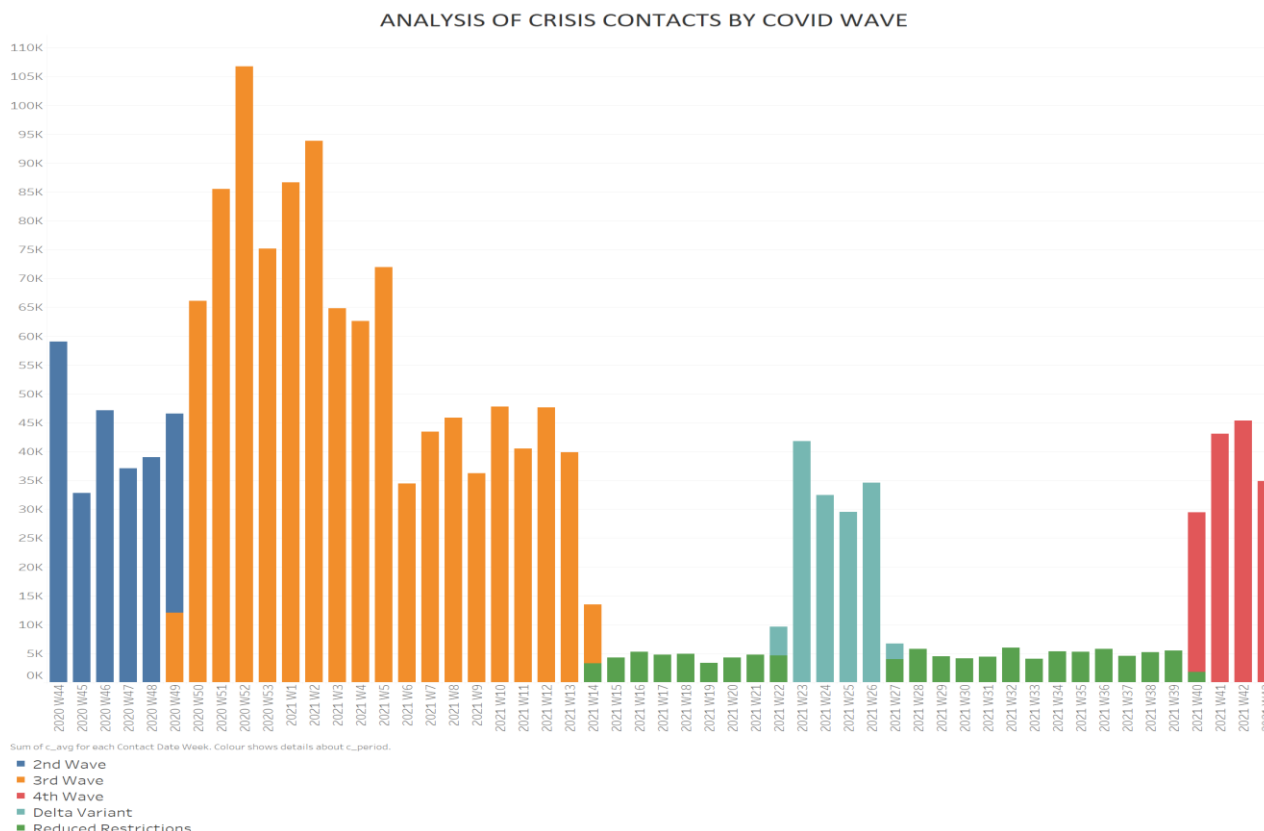
Mental Health Crisis Services

Our hope was that we would see a return to some kind of normality after the COVID impact in 2020, however the arrival of the 2nd, 3rd and 4th waves with new restrictions and lockdowns caused further mental health impacts and associated crisis support demand.

Crisis Contacts 2021

Like every other charity in the country we were completely unprepared for the impact of COVID-19 from mid-March 2020 onwards. However by 2021 we had improved and adjusted our COVID Response Plan. One of the main features of the plan was to automate as many crisis contacts as possible but still be able to identify and assist the high risk contacts.

With system upgrades we have been able to provide an automated response in over 50% of crisis contacts, mostly those dealing with information requests. We have managed to respond quickly to 90% of immediate crisis or high risk contacts and were able to respond to non-critical contacts by email, phone or Facebook Messenger depending on how the contact originated.



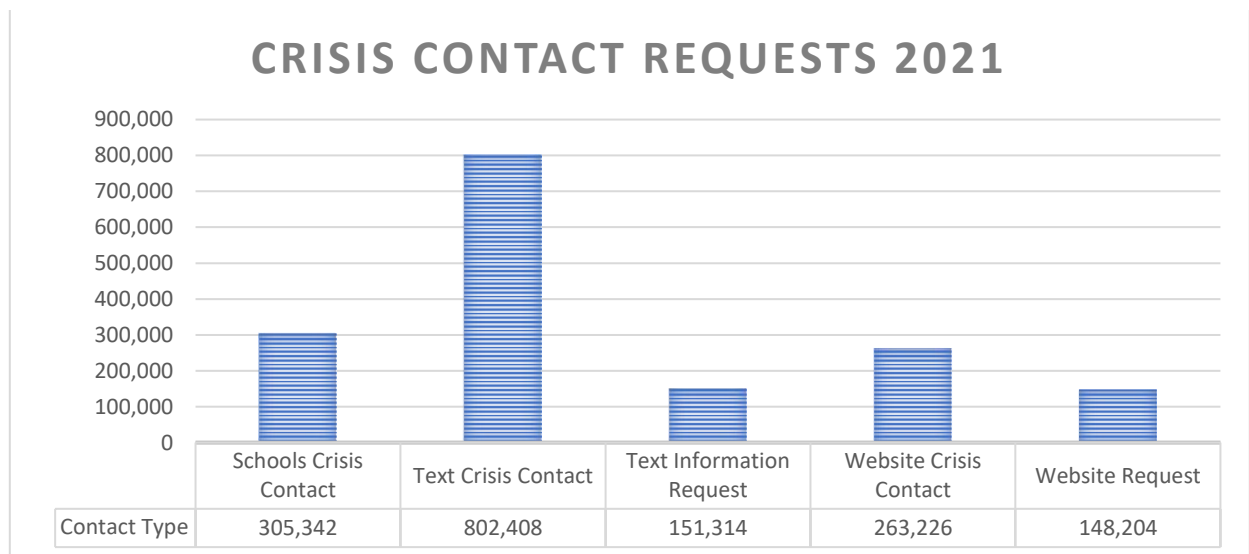
Continuing Impact

We have been maintaining various methods for contacting us to get information about supports and services particularly for those in crisis or immediate risk. This includes our FreeText Service, crisis information site www.ineedhelp.ie and our main charity website www.yspi.ie. The FreeText service is automated so texting HELP to 50015 will get an immediate reply with crisis

support information and requires no intervention from our team. However, the websites provide a contact form that requires manual intervention.

The ongoing impact of COVID-19 and the various health regulations and lockdowns is clearly shown on the graph above where the 3rd wave lockdown around Christmas 2020 saw a massive spike in contact information requests to 106,751 total requests in the week beginning 20th December when the 3rd wave lockdown was announced.

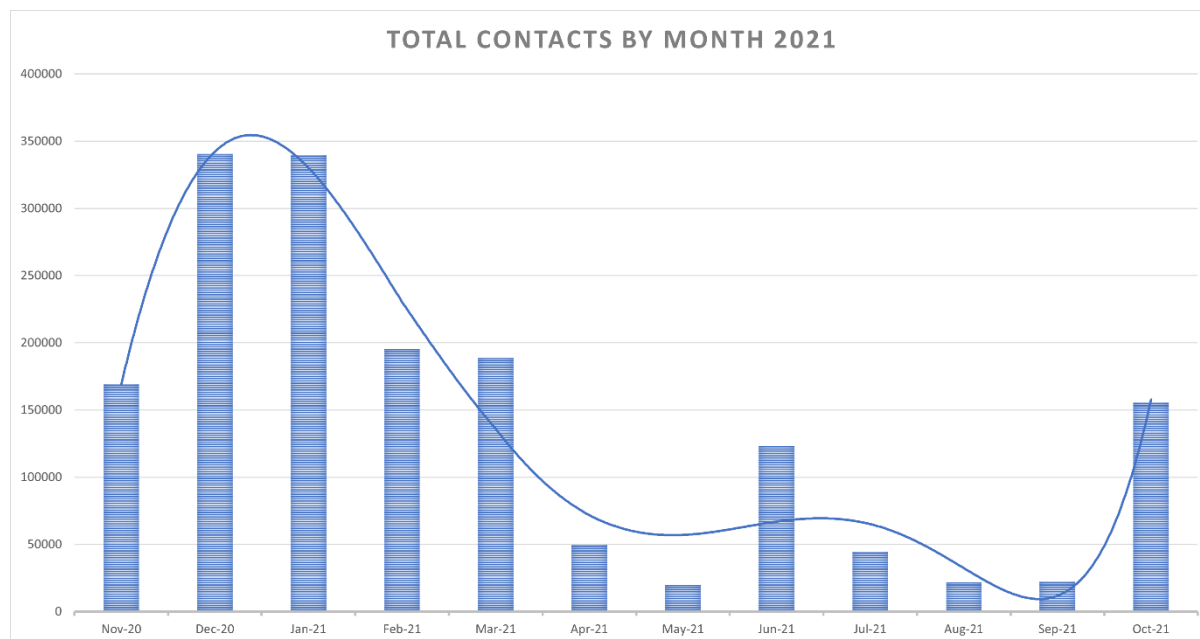
Contact requests averaged around 31,000 per week during periods of Level 5 restrictions but this dropped to an average of around 5,500 per week once restrictions were eased.



Even with the lessons learnt in 2020 there was no way our small team and systems were able to process so many individual crisis contacts when we were closing down our own offices and dealing with COVID cases in our own team and families. Although our response rates were much lower than we would have liked, it is with sincere thanks and gratitude that we acknowledge our volunteers who managed to prioritise contacts at immediate risk.

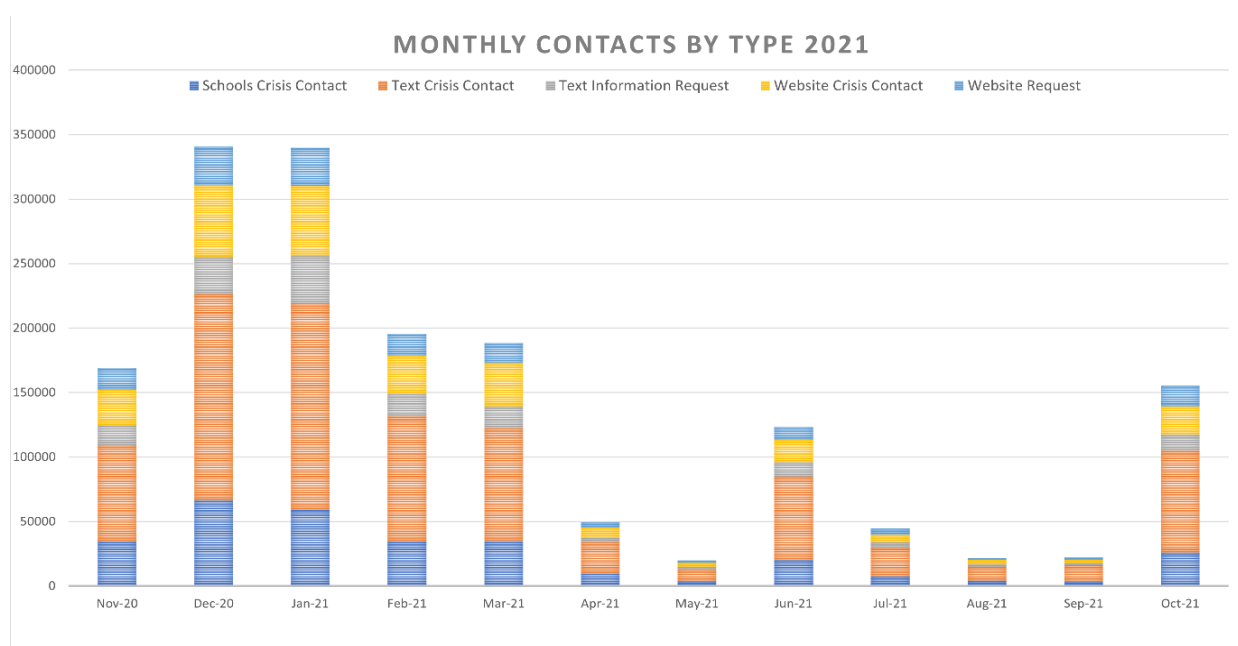
It should be noted that the charity has been responding to crisis contacts at this level as part of our COVID Response Plan and it would not normally be one of our core competencies. However the demand for crisis information and general support information over the pandemic period has shown us that this is an area that we do need to move into our core competencies and continue, at a lower priority level, to provide this service even after health regulations are relaxed.

However we will begin restricting the avenues of contact and level of response once the health regulations are eased so we can revert funding and volunteer time towards rolling out of our new programmes.



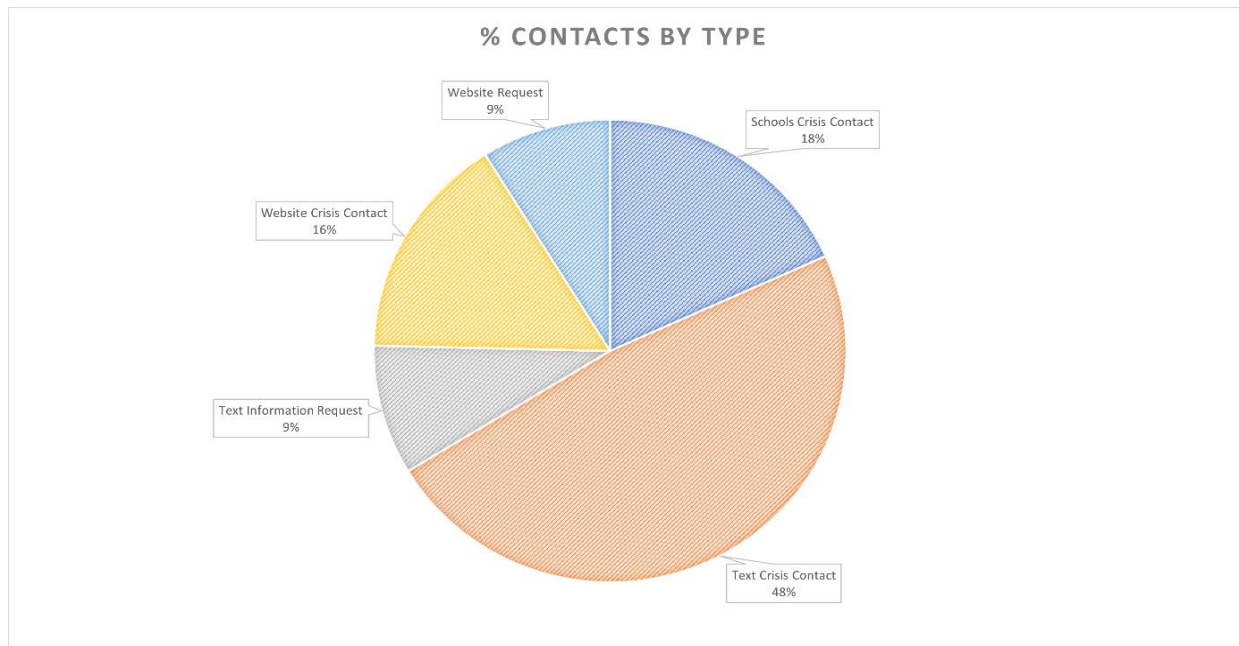
Crisis Contact by Type

The majority of our Crisis Contacts at 48% were text based contacts. These were made up of FreeText mobile requests through the 50015 short code and also our text response system that sent an automated response following a button or link click on our websites. With 47% of requests covered by automated responses it took serious pressure off the other crisis supports which needed team responses.



The priority for us was to deal with crisis requests where these was immediate risk to life. It was challenging to identify these but they generally followed a similar pattern in style and were quickly identified.

The number of crisis contacts of all types peaked between December 2020 and January 2021 which was the period of the Level 5 lockdown restrictions. Further peaks in June and October also match the 3rd and 4th wave restrictions.



Youth Crisis Counselling Service

In June 2020 the Trustees agreed to establish a treatment fund to cover the costs of private counselling for those most at risk of self-harm or suicide should this be part of a crisis treatment plan agreed by their General Practitioner.

We are now providing grant funding of up to €120 per person to cover the cost of up to two crisis counselling sessions with a counselling practitioner registered with the Irish Association of Counsellors and Psychotherapists or the Association of Professional Counsellors and Psychotherapists in Ireland or the Irish Association of Humanistic and Integrative Psychotherapy.

We are only funding crisis counselling support for clients under 20 years of age through this programme. Clients must be referred to the counselling practitioner by their GP or self-referred by themselves or by a parent/guardian once an appropriate practitioner from the IACP, APCP or IAHIP registers has been chosen. Once an appointment has been booked we contact the chosen practitioner to arrange payment.

This crisis counselling fund has been developed as a pandemic response and as a crisis intervention only and is designed to support clients while they are waiting for access to other mental health services such as CAHMS.

Although we have had considerable interest from GPs and multiple contacts to use the service the lack of availability of private counsellors due to the huge demand for their services has definitely impacted uptake. The service is time-limited to October 2022 and we will be reviewing the service then.

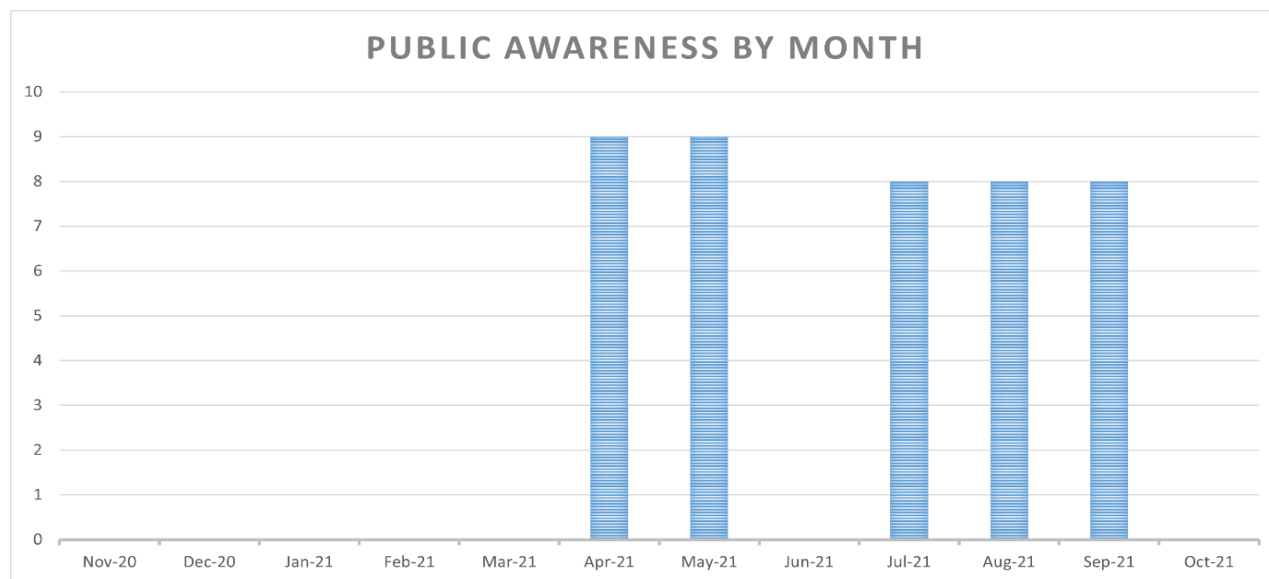
Awareness Campaigns

Our Awareness Campaigns are public facing and are normally an excellent way for us to meet the public, have a chat and give out information and support materials. However, in 2021 these were again impacted by COVID regulations.

Public Awareness Campaigns

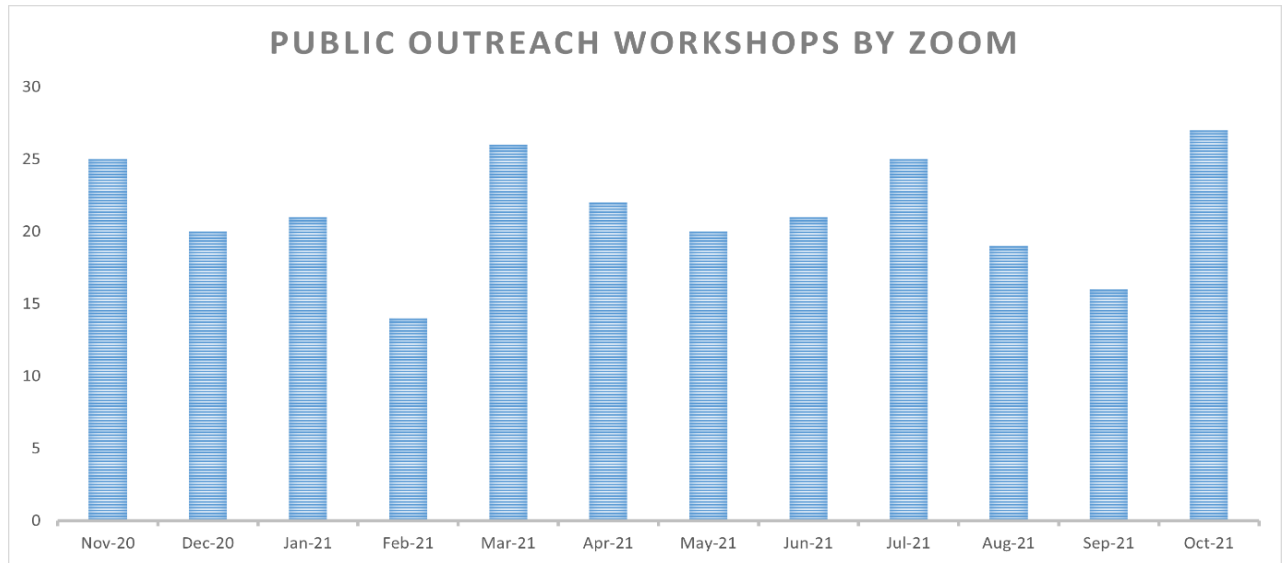
Despite our awareness events programme being severely hit by Covid, we held 42 public Awareness Events during 2021. These events covered 17 counties - Cork, Waterford, Clare, Kerry, Wexford, Tipperary, Dublin, Louth, Kildare, Laois, Galway, Wicklow, Meath, Kilkenny, Limerick, Westmeath and Offaly.

These events provided an opportunity for the distribution of our publications as well as offering information on our services to members of the public.



Public Awareness Workshops

We made a decision to run daily Four Steps to Help workshops online by Zoom using the video facilities in our new Youth Mental Health Training Centre. The workshops were open to anyone who wished to attend over the age of 16. Of the 256 workshops we ran we averaged 12 participants per workshop. Workshops were promoted via Facebook and Instagram and the response rate was high.



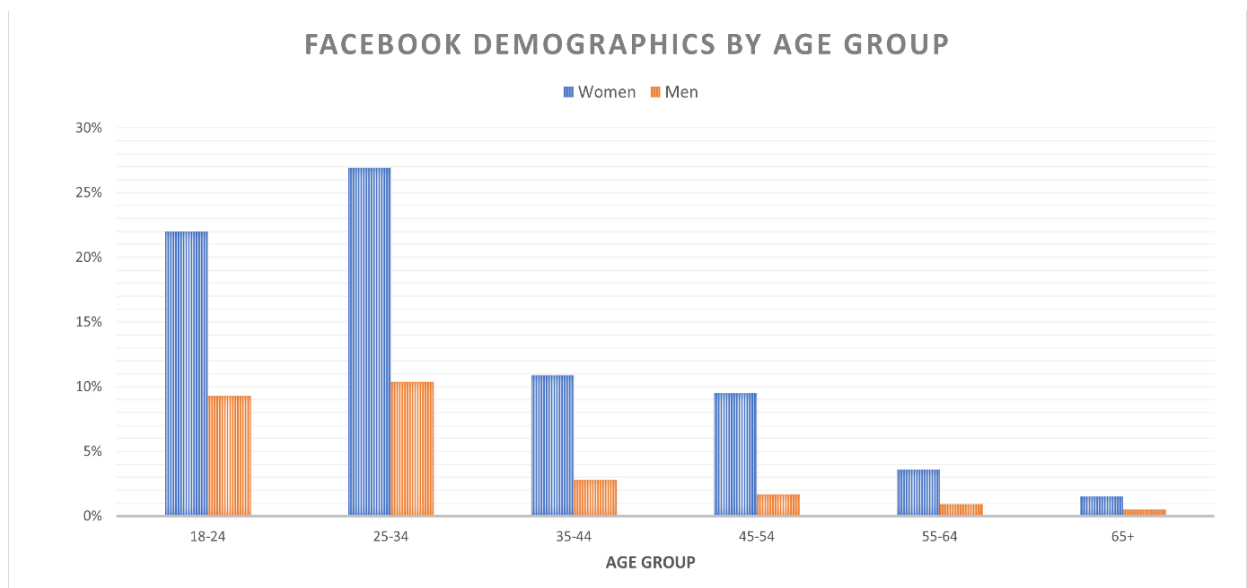
Social Media Outreach

Due to the impact of health regulations much of our personal and professional interactions were through social media channels such as Facebook, Instagram, Twitter and WhatsApp.

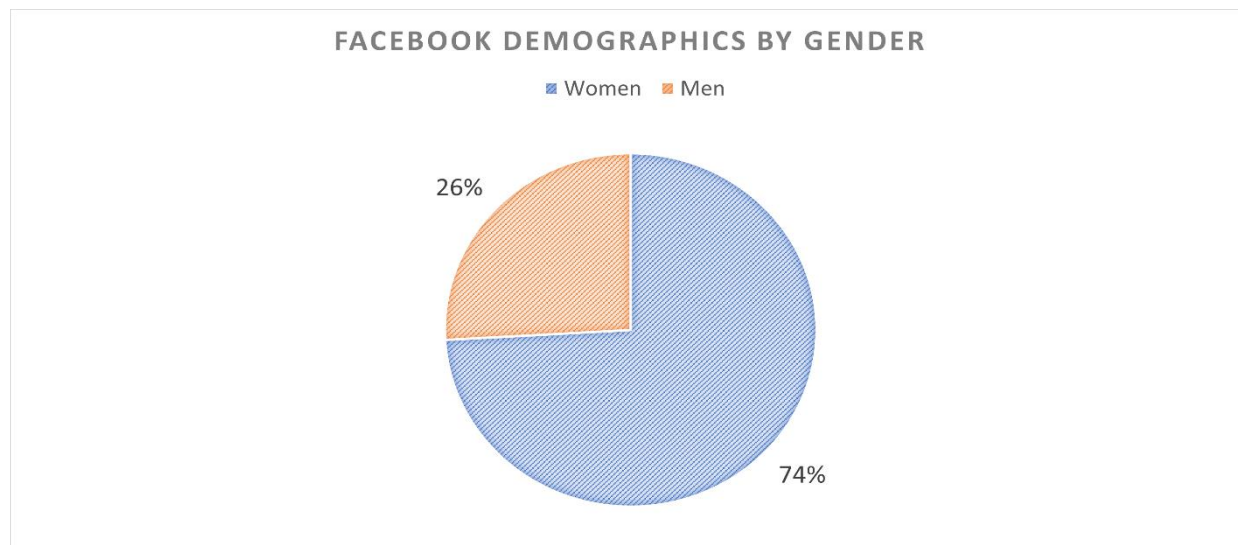
We had 52,227 Facebook Page Followers on 31st October 2021.

Social Media Demographics

Our social media demographic remains more or less unchanged since 2020. The majority of our followers and those reading our posts are women making up 74% of our demographic. The majority are aged between 18 and 34. Facebook, Instagram and WhatsApp no longer allow access to data relating to under 18s in terms of demographics.

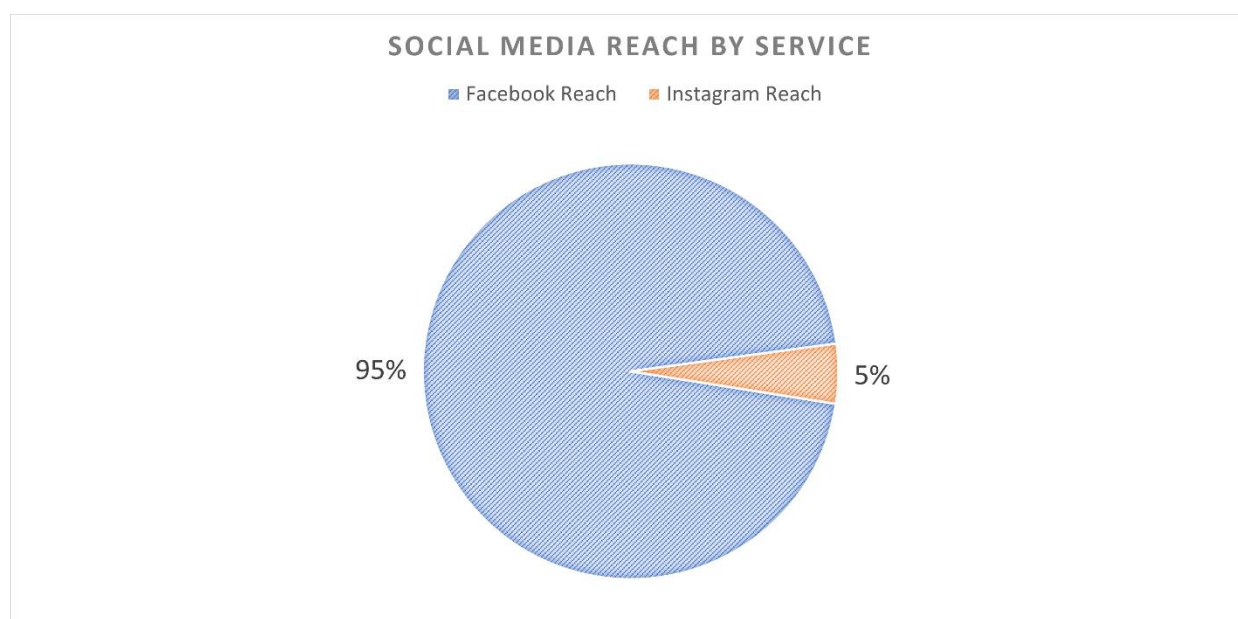


The gender balance is something we have been struggling with for some years as the suicide rate amongst young males 16-34 are significantly elevated and they are our target demographic for suicide prevention information and supports. However, we have targeted resources to reaching this demographic through schools outreach and work with youth groups, sports clubs and other community based organisations.



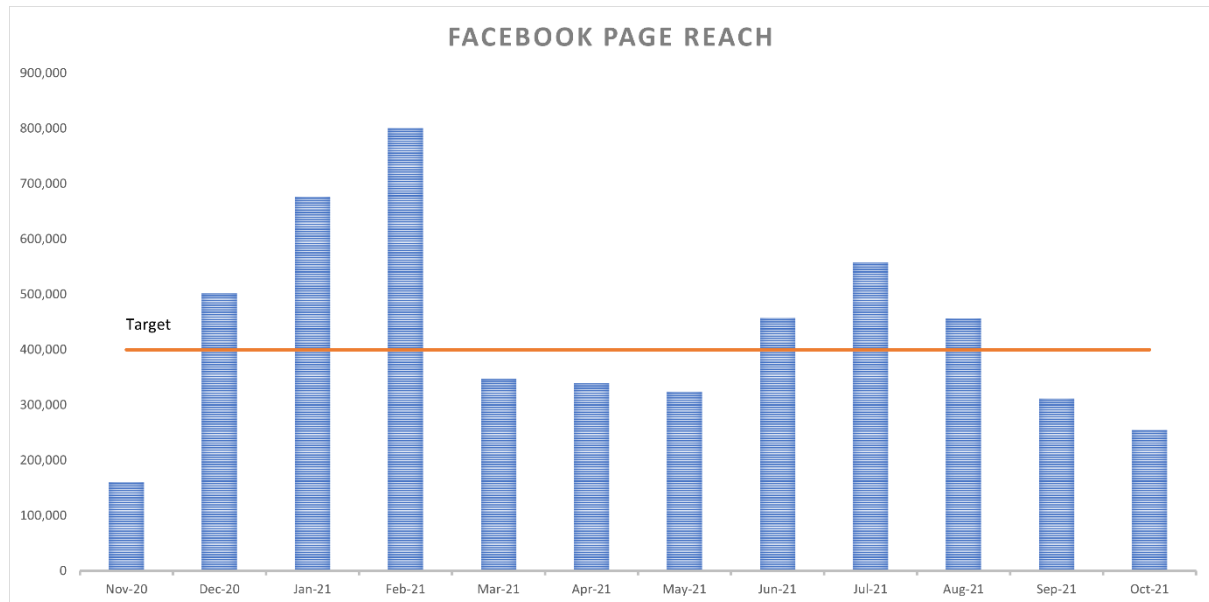
Social Media Presence

We had a very strong organic presence during 2021 but we also relied on promoted posts and stories to reach targeted audiences. Our maximum page reach was in February 2021 during the 3rd wave when we were promoting our “Stay Sane During Lockdown” campaign where we reached 805,892 post impressions.



Our social media presence is mostly focussed on Facebook for historical reasons although the Trustees have commissioned a Social Media Outreach report to identify a new social media strategy.

During 2021 we had 5,187,339 page views on Facebook and 252,491 Post views on Instagram.



Youth Mental Health Training Centre

Last March premises were found on New Street, Killarney, Co Kerry and The Trustees agreed that this would become the National Mental Health Training Centre and be the hub for our outreach and training services during the pandemic and, once the pandemic subsided, the Centre could also be used for training courses and other awareness events.

The training centre has been fitted out over several months, mostly by volunteers. Work has now been completed in the refurbishment of the Youth Mental Health Training Centre.

The main training area is for workshops, meetings and webinars. This training room has full audio-visual facilities including a 75" 4K monitor for presentations, video lighting and high definition cameras. It can be laid out in theatre style (as shown) or for seminars with individual desks or for meetings in conference layout.

Due to concerns about the Insurance Cover required to open the Training Centre to external organisations the Trustees have decided to use the training centre primarily as an information hub and video and Zoom studio until the Insurance issue can be clarified.



Presentation Style



Boardroom Style

We have also set aside a Chat Room which is comfortably furnished for quiet conversation, one on one discussions, or just as a quiet space for participants and staff. The conversation room is sound-proofed and has privacy glass fitted, although for safety and staff welfare the room is monitored by CCTV.



Video Presentation



Chat Area

OBJECTIVES FOR 2022

Four Steps to Help Programme 2022

With schools being closed or restricted for most of 2021 we have been using the time to review the current schools programme in terms of format and presentation.

Current Schools Programme - Four Steps To Help

Due to high demand and ongoing health restrictions it has been very difficult to provide our Schools Programme to all the schools and organisations that have requested a visit even though we have moved the workshop portion online, but this was a stop-gap response to COVID-19 and the restrictions and lockdowns that followed.

Following consultations with schools and colleges and our own advisory panel we decided in 2021 that we needed to find a better way of providing access to our Mental Health Awareness and Suicide Prevention workshops to students with better value for money and easier access. So we are delighted to announce a new way of providing our Schools Programme, The Let's Talk about Mental Health Programme.

New Schools Programme - Let's Talk About Mental Health

Our new "Let's Talk About Mental Health" Programme will be based on and fully integrated with the existing Four Steps To Help Programme but the emphasis will be online presentation, in the form of live Zoom workshops and the Schools Video Presentation discussed below.

We have been in contact with Dr Hannah Farnsworth, a retired GP, who now specialises in writing mental health publications for the charity sector. We hope to work with Hannah to produce a number of new information leaflets on the various aspects of common mental health issues. We are also looking to develop support materials for gender and identity issues and mental health issues affecting the LGBTQ+ community.

Our aim will be to provide all information online as PDFs and Ebooks as well as in print form distributed to schools and community groups free of charge.

Schools Video Workshop

Because of the on-going Covid situation with multiple lockdowns, health regulations and schools' reluctance to have outside visitors, we are going to look at the possibility of transferring the workshops onto video. This ties into the Trustees' desire to see value for money amid the rising costs of servicing the school talks, fuel, hotel accommodation etc.

We already have a video presentation of the Four Steps to Help that has been downloaded 1086 times during the year with 296 full viewings and the rest downloading the promotional preview. The new video will be live action and will feature a professional presenter. A budget of around €10,000 will be set aside for this and we have been in touch with a video production company, Macalla Teoranta, and they are interested in the project.

It will be possible to play the workshop video on demand online allowing us to present to multiple schools at the same time. This will enable us to not only reach a lot more schools over the school year, but also to facilitate schools in more remote parts of the country.

The video would also be made available to other organisations like sporting groups, scouts, community groups etc.

Let's Talk About Mental Health Magazine

We want to produce a new publication for the Let's Talk About Mental Health Programme which we will distribute free of charge across the country.

The magazine will focus on positive mental health and include topics such as bullying and cyber bullying, dealing with depression, coping with anxiety, stress and active listening.

The magazine will be written by a mental health professional and distributed to schools, clubs, community groups and parents. We would also like to distribute the magazine through shops and shopping centres when the Covid situation allows.

School Mental Health Packs

We have decided to put together School Mental Health Packs and distribute them to every secondary school in the country, which will be around 750 schools.

The packs will include our new Let's Talk About Mental Health Magazine, our Parents' Guide To Youth Mental Health, our teachers' guide to youth mental health, as well as other publications we have. They will also be used to advertise our new schools video workshops.

We have an agreement in place with An Post to distribute these packs for €5 each, so an overall cost of around €6,000 to print, package and post these packs. We are hoping to have these packs ready for distribution in early 2022.

Public Mental Health Packs

Similar to our School Mental Health Packs, we want to put together Public Mental Health Packs to be distributed to sports clubs, parents' groups and other community groups across the country. These packs will be sent by request and we will be promoting this new service in early 2022.

The packs will include our new Let's Talk About Mental Health Magazine, our Parents' Guide To Youth Mental Health, as well as other publications we have. They'll also be used to advertise our new video workshops.

Mobile Awareness Programme

We will be continuing our mobile awareness programme in shops and shopping centres across the country once Covid regulations permit.

In the past Tesco have been particularly helpful with this programme giving us access to over 100 shops nationwide and we will continue with this and hopefully expand with the likes of SuperValu and Dunnes Stores.

We will be distributing our full list of publications during these events and promoting our schools programme.

Each event will be manned by an experienced volunteer to answer any questions people might have regarding our services as well services being offered by other charities and state organisations.

Distribution to Retailers

We will be distributing over 50,000 copies of our new Let's Talk About Mental Health magazines to shops, garages and supermarkets throughout the country in 2022 as part of the Let's Talk About Mental Health Programme.

We have had a very positive response from the shop owners we have test marketed this idea with so far.

We are also looking to partner with one or more of the major shop chains to help with this project. Tesco have been good supporters of our work in the past and we are hoping they will come on board.

Mobile Unit

We have just purchased a van to facilitate the distribution of our new Let's Talk About Mental Health packs to newsagents, shops and garages across the country. These packs will be distributed free of charge.

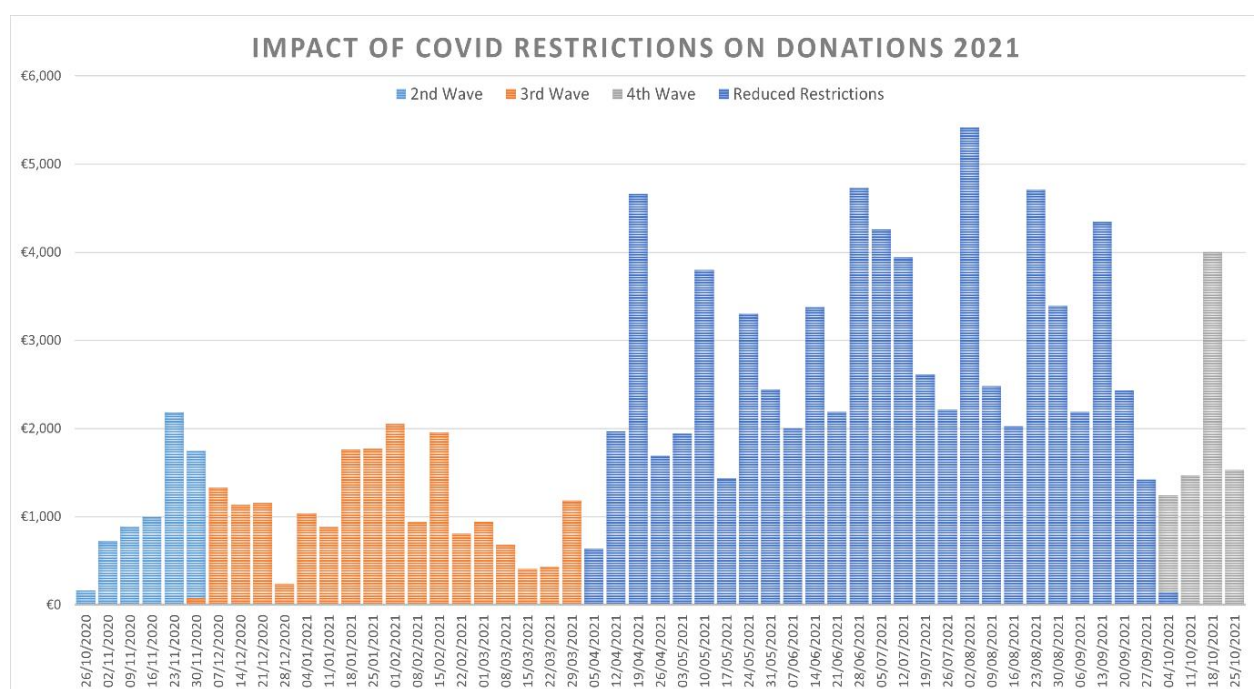
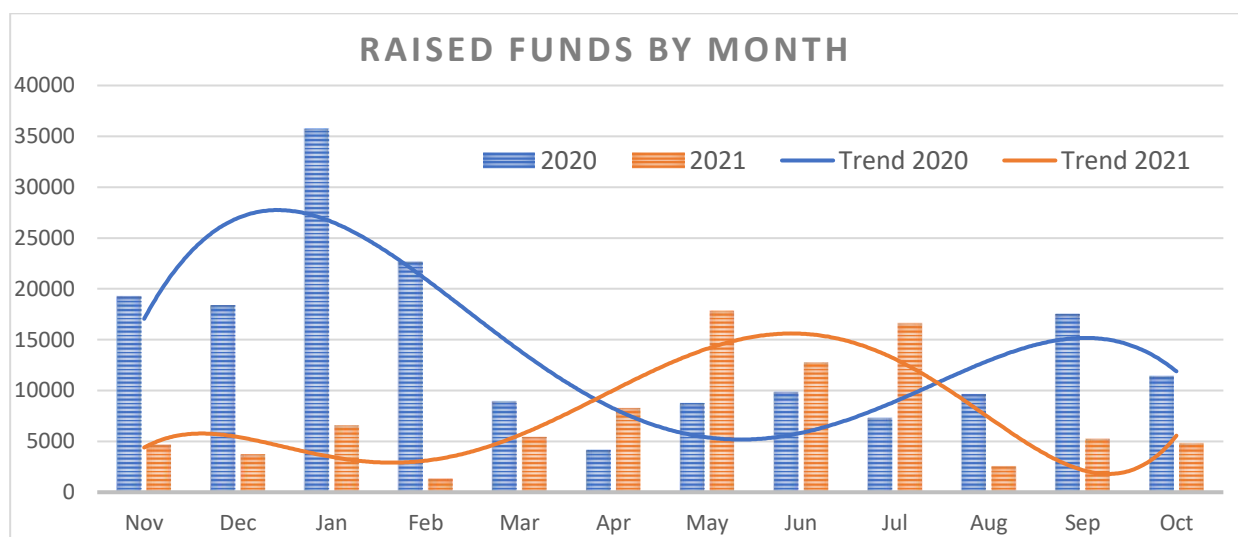
We set aside a budget of €12,000 for this part of the programme and this includes the purchase of the van, branding and insurance.

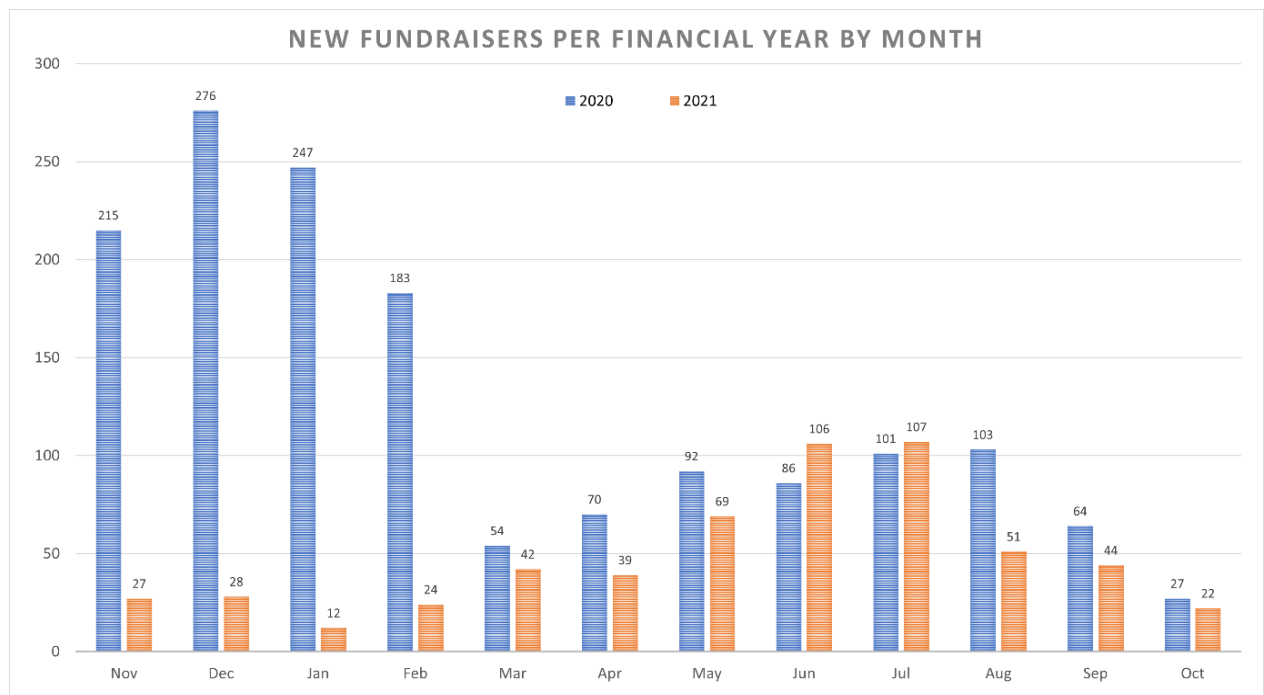
REPORT ON FUNDRAISING

General Fundraising

2021 was a difficult year for fundraising as good fundraising requires planning and it was almost impossible to plan anything until April. Fortunately we had a number of virtual events that could be joined during lockdowns as well as motivated fundraisers for our Skydive For Life.

During 2021 we brought in nearly €133,747 from fundraising events organised by the charity accounting for around 70% of our revenue for the year of €191,068. Our main source of income was once again from our Skydive For Life events, with 213 registrations for the year. Unfortunately, due to the Irish Parachute Club having to close for a large part of the year revenue was still reduced on 2020 levels.





Charity Organised Fundraising Events

Virtual Fundraising

It became very clear that normal fundraising was still not going to be possible during 2021 as health regulations remained in place and we saw a series of Level 5 lockdowns so the move to a virtual fundraising model continued this year. We were very fortunate that many of our supporters decided to do small fundraisers from home and donate the proceeds to the charity.

We organised another Virtual Ring of Kerry Challenge where participants walked, jogged, ran or cycled the Ring of Kerry using a phone app to monitor their progress. This was very well received and we had 260 participants in 2021.

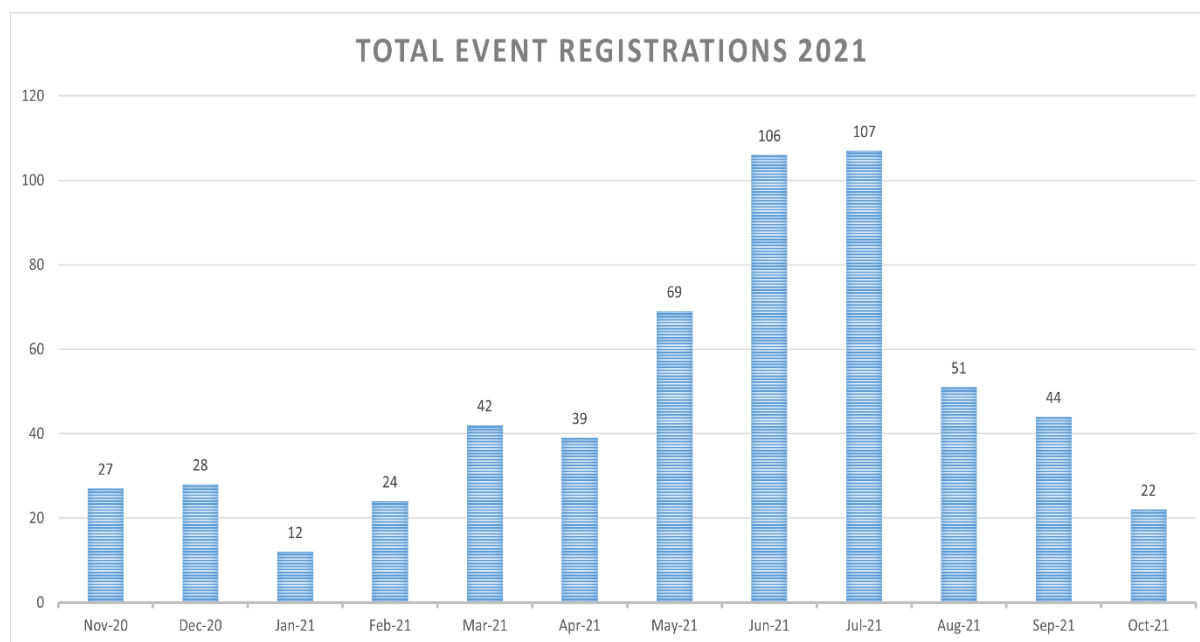
We also organised a Fast for Life for World Suicide Prevention Day on 10th September with 380 registered participants.

Skydive For Life

We were deeply concerned at the start of the year as health regulations were becoming more severe as new COVID variants were moving into the country. Our Skydive For Life has been our main charity fundraiser for seven years and has always been consistent in participation and levels of funds raised.

As can be seen from the graph below the total registrations between November 2020 and April 2021 was very low indeed. Our funding levels were maintained by already registered participants seeing some light at the end of the COVID tunnel and deciding that they wanted something adventurous to look forward to.

As a result we had an amazing uptake in new participant registrations during June and July with over 213 registrations. Registrations almost ceased from March with a small recovery from June onwards. However we did not really recover from the lack of the momentum in the early part of the year. Fortunately the Irish Parachute Club were allowed to restart skydives from mid May and we promoted the revived Skydive For Life heavily on social media.



Non-charity Fundraisers

2021 showed a significant increase in the number of fundraisers that weren't organised by us. The increase in these kinds of events, where people had a good idea and ran with it and sent us the money at the end, is probably due to the charity's higher visibility over the last few years with our Schools Programme and community Awareness events.

Thankfully the drop in numbers for Charity Events was offset by a number of other fundraisers that were pandemic-proof. These included the David Goggins 4x4x48 where people ran 4 miles every four hours for 48 hours, tractor runs, home based events and general GoFundMe fundraisers.

We would like to thank all our fundraisers, participants and volunteers for helping to keep the charity funded during an exceptionally difficult year.

General Donations

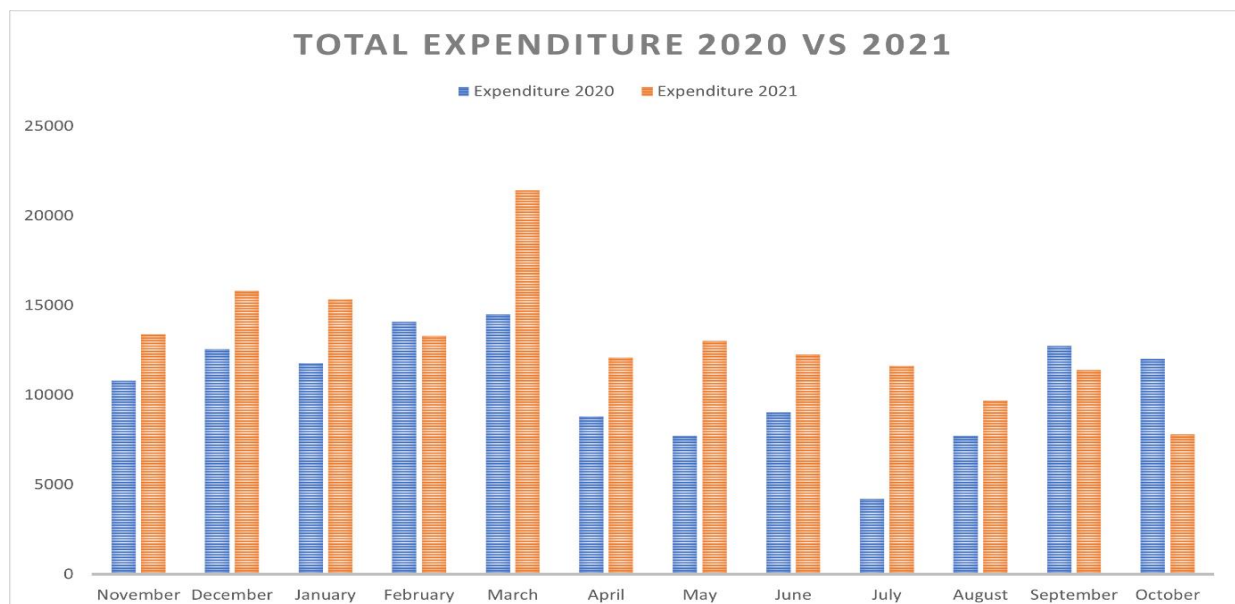
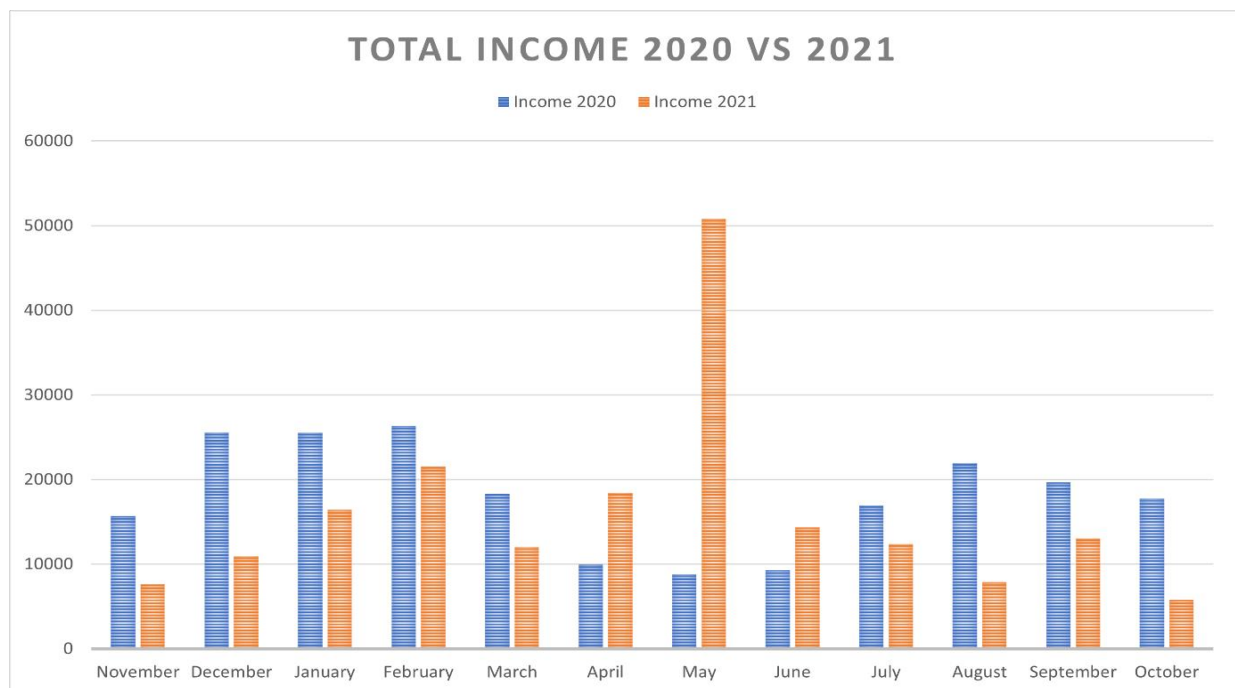
We received 30% of our income, around €58,000, from General Donations which were donations made to the charity by fundraisers who were not part of a charity fundraising event. For example over €13,000 was raised by people taking part in the 4x4x48 Challenge.

REPORT ON FINANCIAL STATEMENTS

The Financial Statements cover the period from 1st November 2020 to 31st October 2021, our 2021 Financial Year. The Financial Statements cover all areas of charity finances and have been approved by our Auditors.

Financial Overview

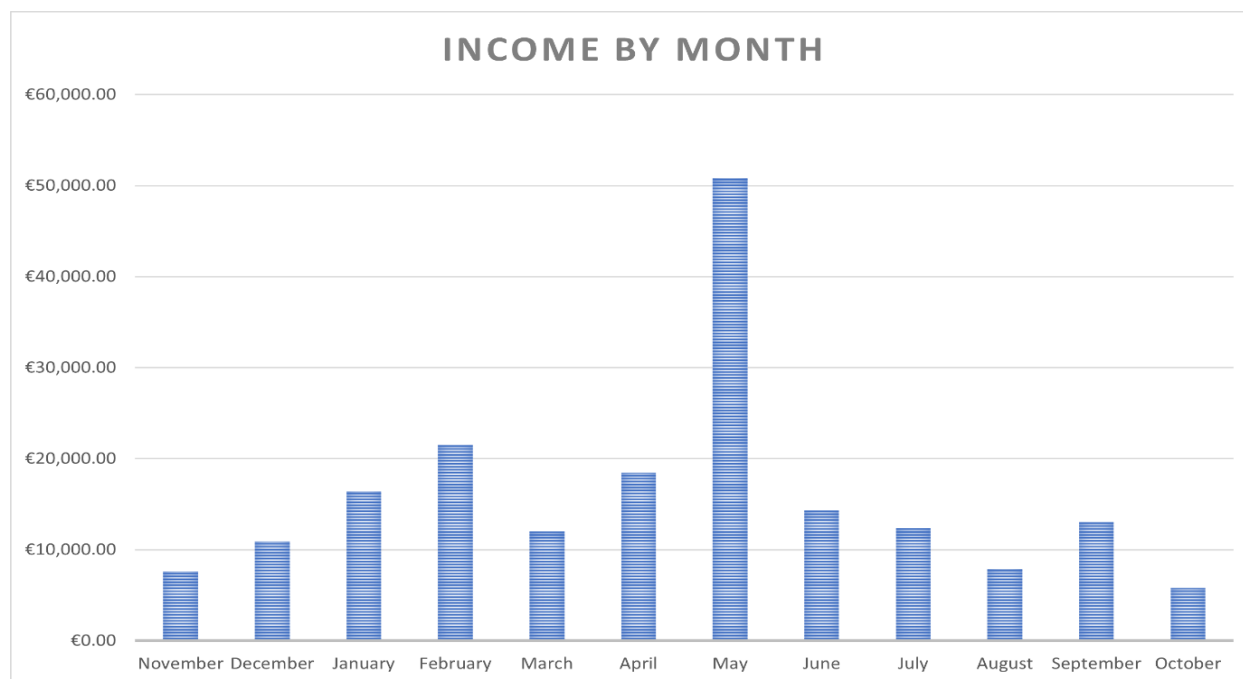
Our finances in 2021 continued to be affected by COVID restrictions and much of our traditional avenues of fundraising and support were cut off for much of the year. With this in mind we only saw an 11% drop in income to €191,068 (2020 - €216,253). We also saw a 14% increase in expenditure to €162,159 (2020 - €138,668). At year end the Charity brought forward a cash balance of €94,547 (2020 - €75,945) an increase of 24.5%.



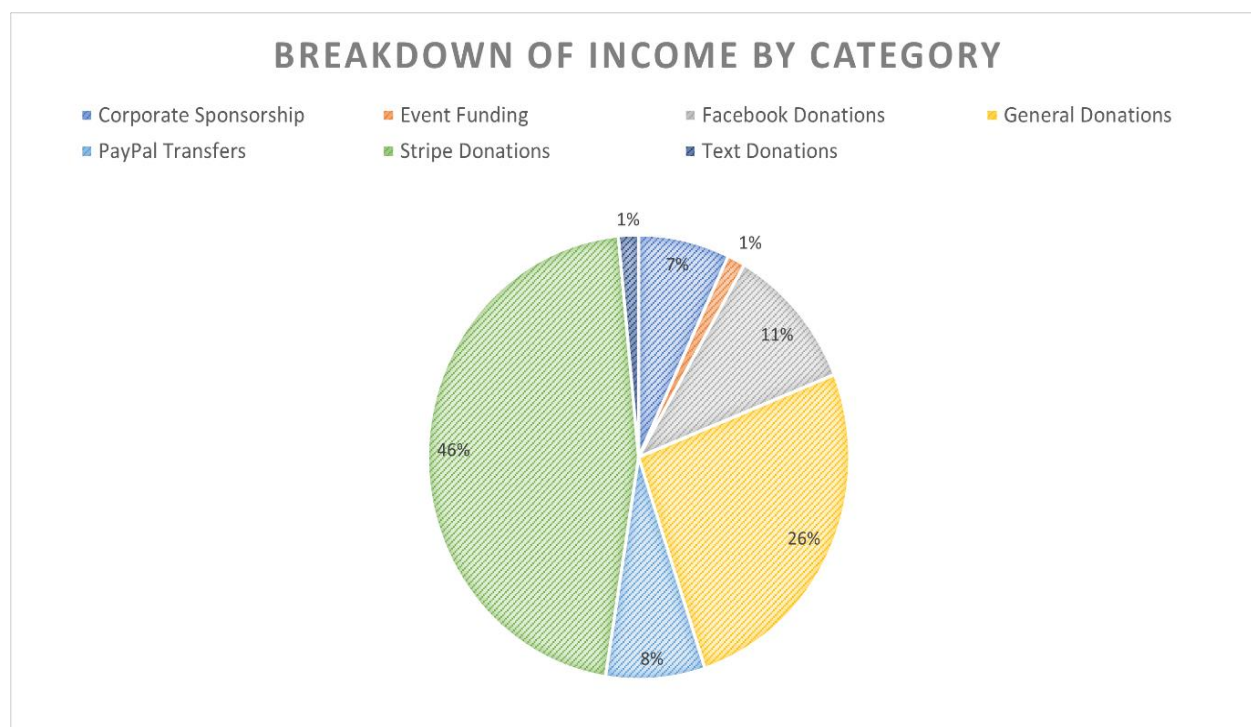
Charity Income

Charity income was 11% down on 2020 which the Trustees consider to be very acceptable considering the pandemic situation.

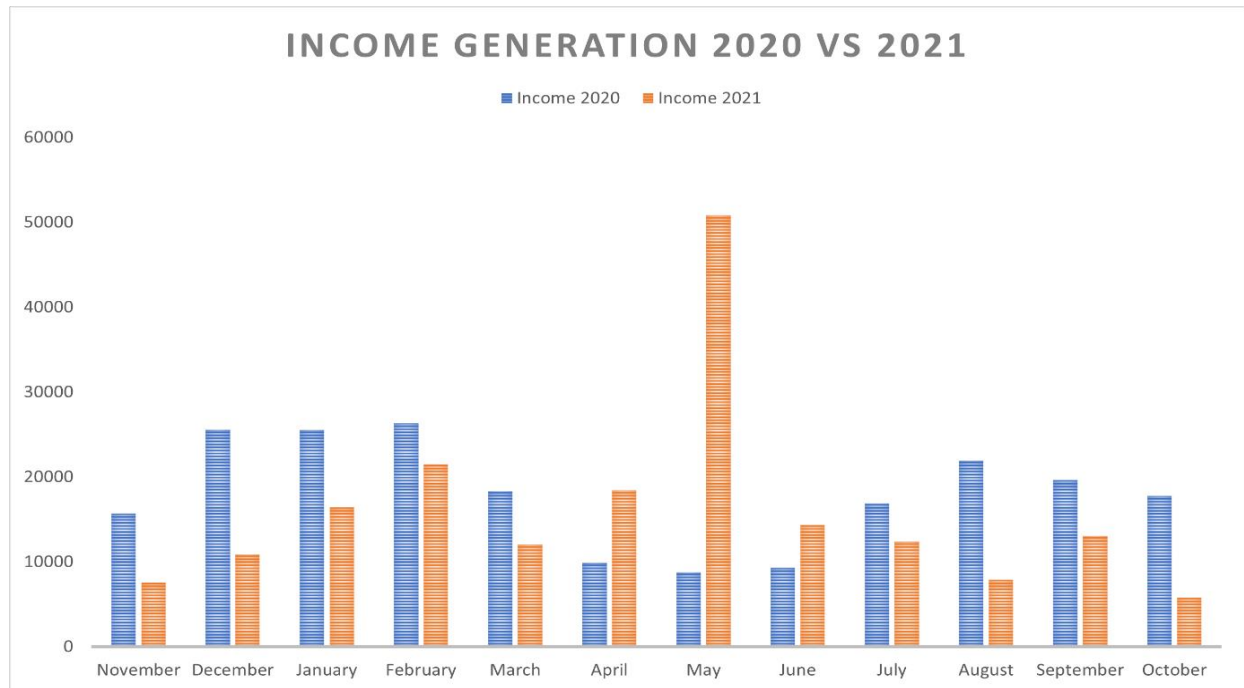
Most income continues to be from the kindness of the General Public, assisted by mental health and suicide rates being particularly featured in the media.



46% of our income was from fundraising events organised by the Charity including Fast For Life, a Virtual Ring of Kerry and Skydive For Life. 26% came from general donations to charity funds. Text donations accounted for 7% of income and Facebook Fundraisers 11%. PayPal Transfers 8%, Stripe Donations 1%, Corporate Sponsorship 1% and Event Funding 1%.



There was a burst of income generation in May 2021 as COVID regulations were eased and skydive participants were notified that skydives were re-opening. Overall monthly income averaged lower than 2020.



Cost of Fundraising

There are always costs attached to most fundraising efforts and the Trustees like to be transparent as to those costs as a ratio of income. In 2021 the costs of raising funds was €3,287 (2020 – 2,274) an increase of 30%.

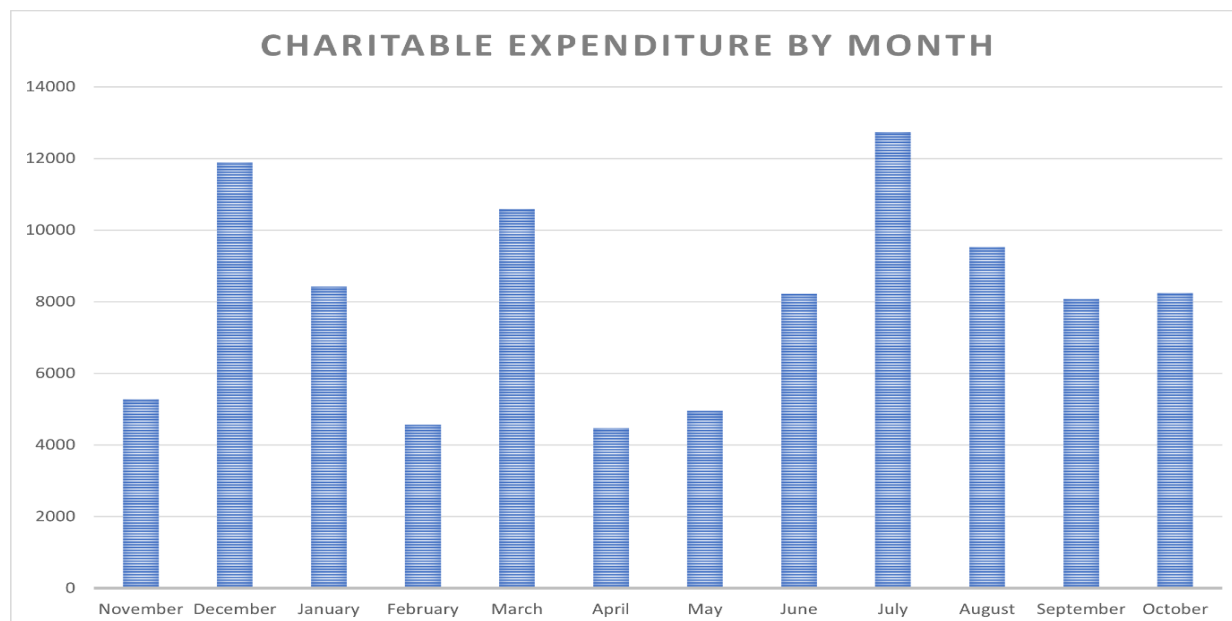
Charity Expenditure

Charitable expenditure was down by 9.5% to €95,981 (2020 - €106,024) mostly due to school closures during the year and a reduced schools programme.

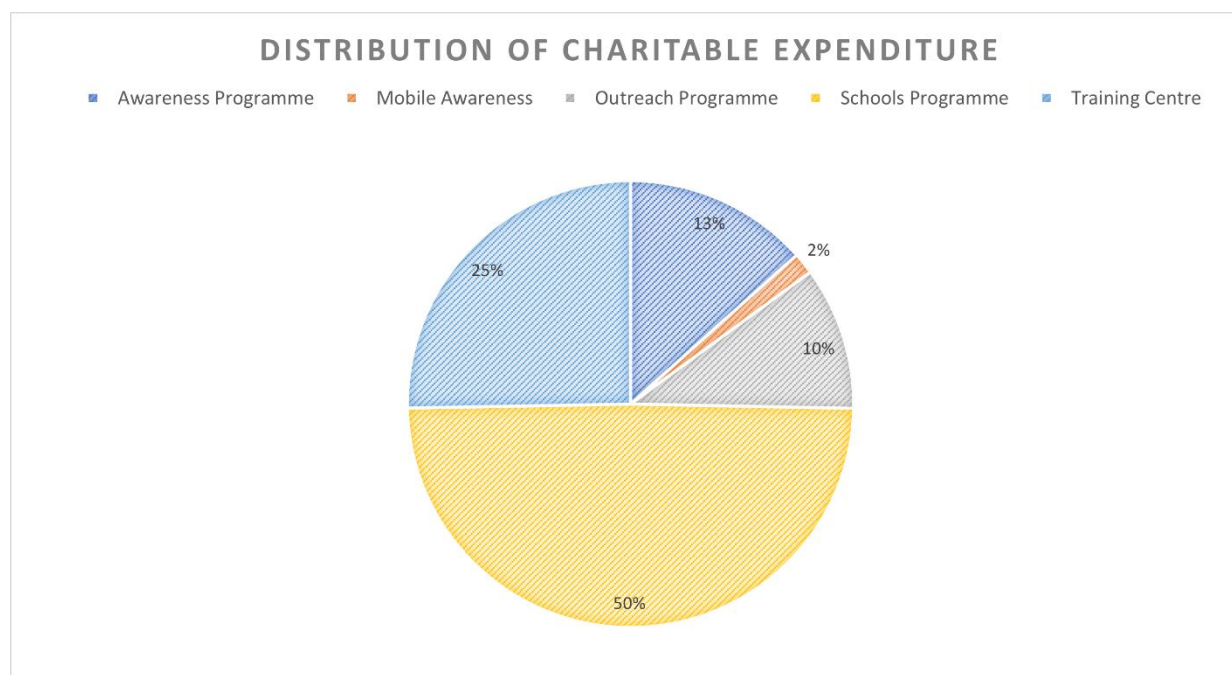
There was a planned 27% reduction in expenditure on the Schools Programme due to COVID. However, awareness expenditure increased by 85% due to the higher levels of materials distributed than expected. Outreach expenditure also increased by 18% due to preparing and hosting all our resource materials online.

CHARITABLE EXPENDITURE

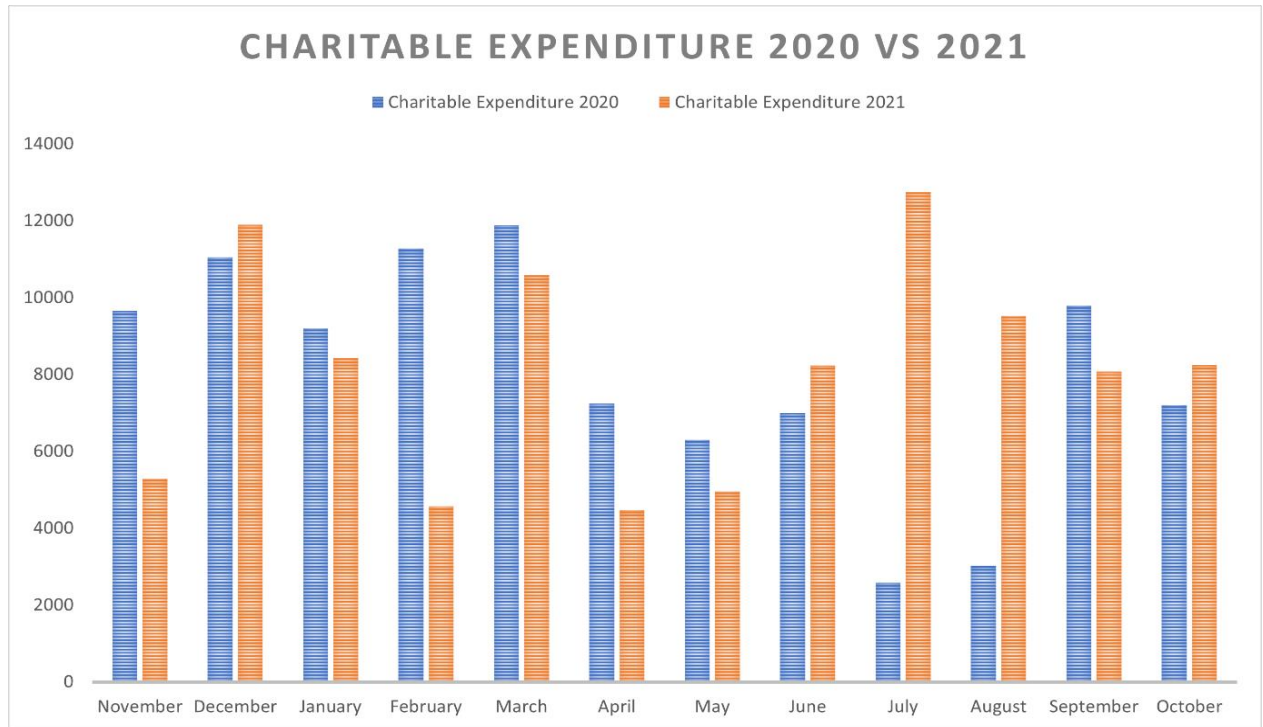
		2021	2020	% +/-
Schools Programme	€	54,401	€ 74,773	-27%
Outreach Programme	€	28,766	€ 24,344	18%
Awareness Programme	€	12,814	€ 6,907	85%
	€	95,981	€ 106,024	



The Schools Programme still accounted for 50% of charitable expenditure but 25% of charitable expenditure was allocated to the establishment of our Youth Mental Health Training Centre. Awareness Programmes were allocated 13% and Outreach Programmes accounted for 11%. Our new Mobile Awareness Programme only began in October 2021 and was allocated 2%.

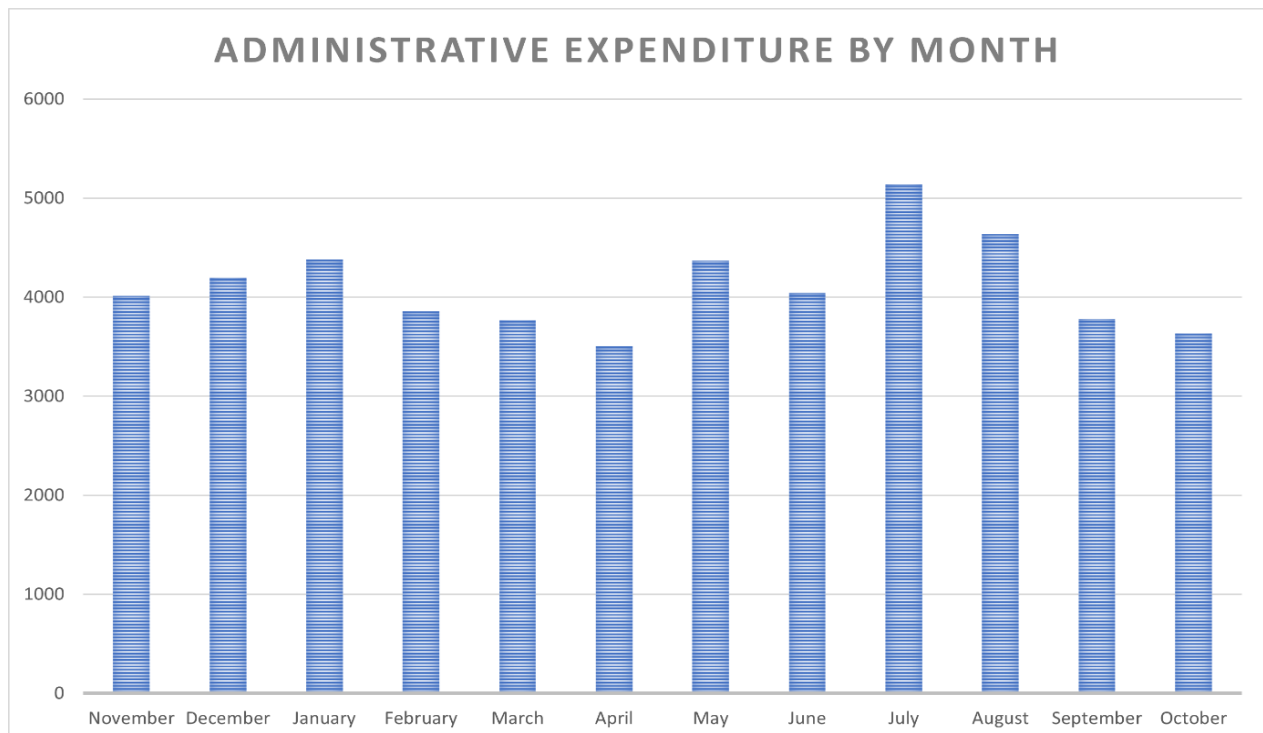


Charitable expenditure was fairly consistent on a monthly basis. We had spikes in December at the start of the 2nd wave Level 5 restrictions and again in July and August as we prepared for schools reopening in September.



Administrative Expenditure

Administrative expenditure took a significant leap in 2021 due to one-off expenditure relating to the move to new offices and the establishment of the Youth Mental Health Training Centre's non-charitable setup costs. There were also costs associated with providing COVID support to YSPI Publications Ltd. There was also new administrative costs for license fees relating to the use of Four Steps to Help copyright materials in the new Lets' Talk About Mental Health Programme.

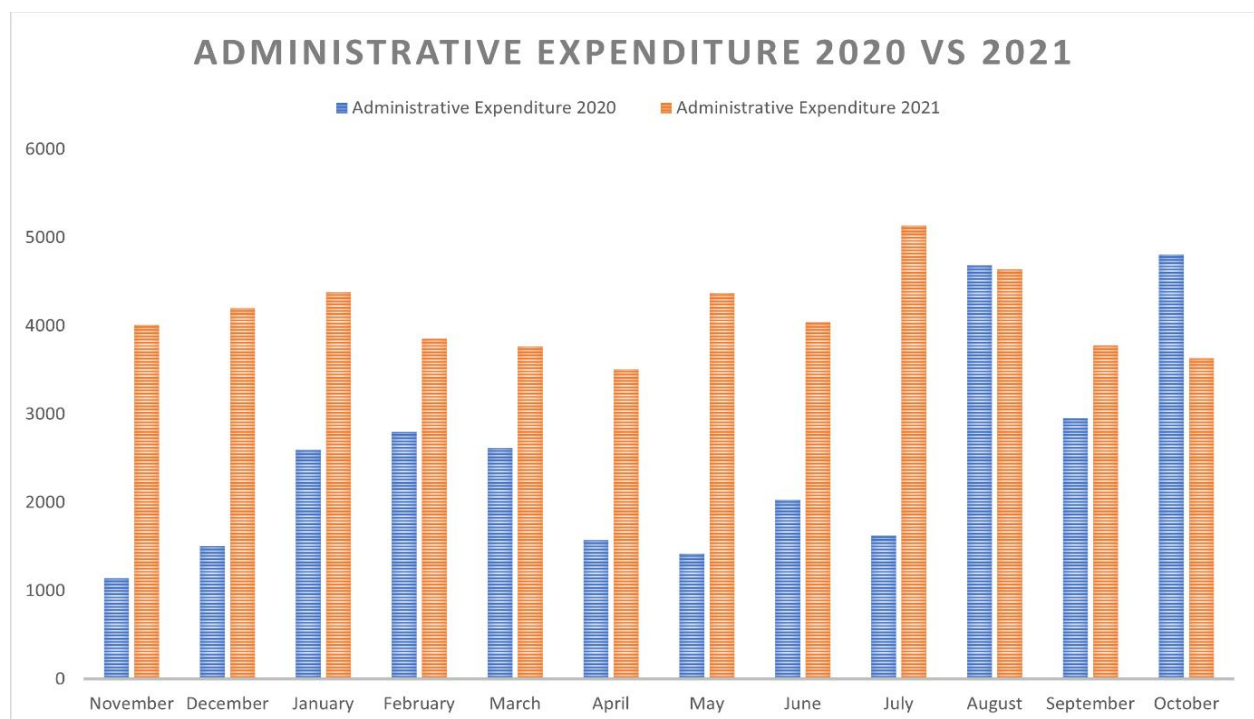


Including non-recurring costs Administrative Expenditure was €62,891 (2020 – €30,370) an increase of 106%. Non-recurring expenditure restricted to 2021 accounted for 86% of the increase and 2022 should see Administrative Expenditure reduced to 2020 levels.

ANALYSIS OF SUPPORT COSTS

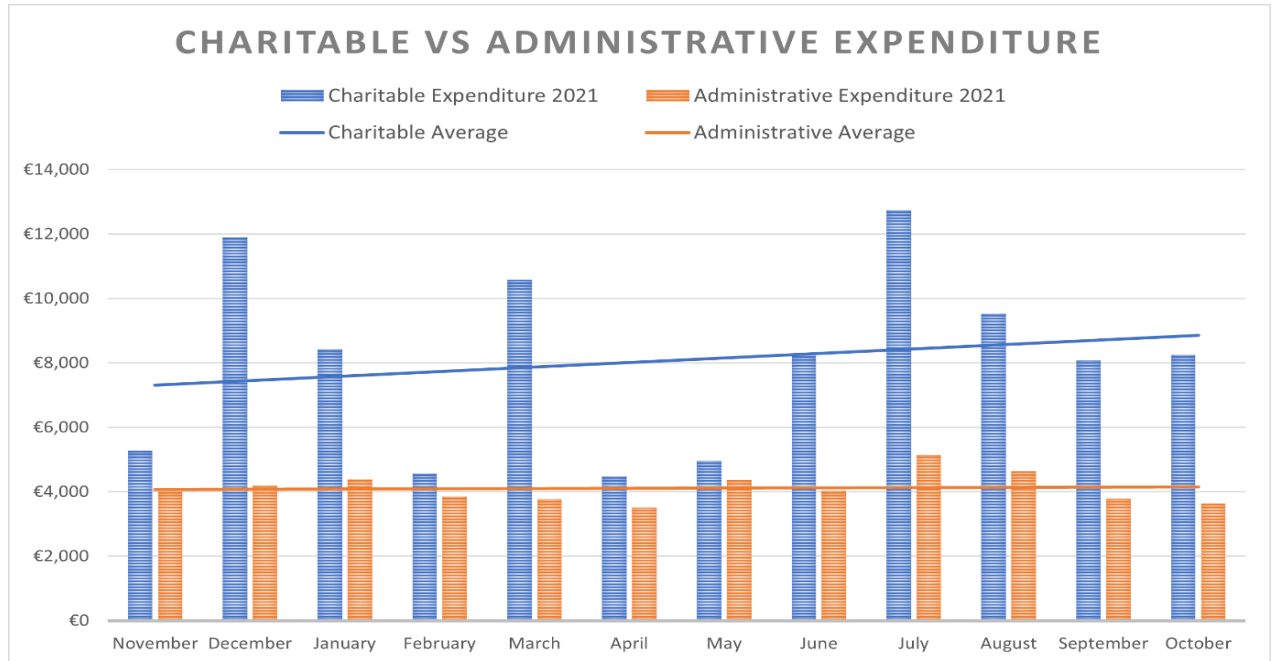
	2021	2020	% +/-
Telephone	€ 4,322	€ 2,611	65%
Rent	€ 12,504	€ 6,086	105%
Insurance	€ 2,634	€ 2,515	5%
Bank fees	€ 2,684	€ 3,596	-25%
Audit and accountancy	€ 6,203	€ 5,139	21%
Covid 19 Support	€ 10,000	€ 4,000	150%
General Office	€ 20,293	€ 1,751	1058%
Legal and other professional fees	€ 189	€ 60	215%
Depreciation	€ 505	€ 438	15%
General expenses	€ 2,887	€ 365	690%
Computer costs	€ 670	€ 3,809	-82%
	€ 64,912	€ 32,390	

There was a 65% increase in phone costs due to higher contact numbers in 2021. Rent increased by 105% as were covering 2 offices for 4 months while refurbishment was in progress. COVID support to YSPI Publications Ltd increased by 150% under the Force Majeure Agreement. General Office Costs included the one-off non-charitable refurbishment costs of Training Centre and Copyright Licence Fees and increased by 1058%.



Administrative Overhead

The Trustees publish our Administrative Overhead each year and our target figure is a maximum of 15% of income goes to pay for the running of the charity. Due to the impact of COVID and one-off costs in 2021 the Administrative Overhead is running at 32% (2020 – 14%). This is a concern to the Trustees and they will ensure that circumstances notwithstanding this will be reduced in 2022.



Operating Surplus

There was an operating surplus for 2021 of €28,909 (2020 - €77,985) a reduction of 63%.



Fixed Assets

As at 31 October 2021 the net book value of the charity's fixed assets was €13,756 (2020 - €221) an increase in asset value of 6,124%. This was mostly due to the acquisition of the mobile unit for the Awareness Programme and asset purchases for the Youth Training Centre.

Charity Reserves

As at 31st October 2021 the charity retained reserves of €107,660 (2020 - €78,751) an increase of 36%. Although the Trustees aim to retail reserves of 10% due to the exceptional circumstances of COVID the higher reserves will be maintained for review in 2022.

Auditor's Report

Our Auditors have concluded that our financial records give a true and fair view of the assets, liabilities and financial position of the charity as at 31 October 2021 and of its surplus for the financial year then ended. The financial records have been properly prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", as applied in accordance with the provisions of the Charities SORP.

Based on the work the Auditors have performed, they have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity'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.

The full Auditors' Report is included in the Financial Statements.

Financial Review

The Statement of Financial Activities for the financial year is set out on page 38 and additional notes are provided on pages 40-45 showing income and expenditure in greater detail.

Year End Results

At the end of the financial year the charity has assets of €113,129 (2020 - €79,684) and liabilities of €5,469 (2020 - €933). The net assets of the charity have increased by €28,909.

Principal Risks and Uncertainties

In the first half of 2020, the outbreak of Covid-19 spread throughout Asia, Europe and Worldwide. The initial impact of this has been severe and has resulted in a significant worldwide slowdown in economic activity. In Ireland, the economic impact of this pandemic has been characterised by the temporary closure of many businesses in "non-essential" areas to ensure that people's movements are restricted in order to slow down the spread of the virus. This has continued through 2021 with further lockdowns and health restrictions during the year. The effect of Covid-19 presents many risks for the charity, the effects of which cannot be fully quantified at the time of approving the financial statements. As a result, the trustees consider

the implications of the Covid-19 pandemic to be a significant uncertainty at the time of approving the financial statements.

Although the effects cannot be fully determined, the Trustees believe that the main risks associated with Covid-19 are as follows:

- an initial slow down in activity during the period of temporary closure
- a prolonged period of government recommendations and restrictions on the movement of people to contain the virus
- a potential reduction in activity following the recommencement of operations which may result in reduced demand for the charity's services and reduced donations as a result

Future Developments

The trustees are not expecting to make any significant changes in the nature of the charity in the near future. At the time of approving the financial statements, the charity is exposed to the effects of the Covid-19 pandemic which has had a negative effect on its activities since the year end and has resulted in a lower than expected level of activity since the year end. In planning its future activities, the trustees will seek to develop the charity's activities whilst managing the effects of the difficult period caused by this outbreak.

Reference and Administrative details

The organisation is a charitable trust with a business address at 83A New Street, Killarney, Co Kerry. The charity has been granted charitable tax status under Sections 207 and 208 of the Taxes Consolidation Act 1997 under reference CHY18438 and is registered with the Charities Regulatory Authority under registration number 20070670. The charity has a total of 5 trustees.

Compliance with Sector-Wide Legislation and Standards

The charity engages pro-actively with legislation, standards and codes which are developed for the sector. Youth Suicide Prevention Ireland subscribes to and is compliant with the following:

- The Governance Code
- The Charities SORP (FRS 102)

Principal activities and objectives

The charity has 5 trustees who meet on a regular basis and are responsible for the strategic direction of the charity. The charity is run on a day to day basis by the administrator and the chief executive officer. They are responsible for ensuring that the charity meets its long and short term aims and ensuring the day to day operations run smoothly.

Our mission is focused on providing mental health awareness and suicide prevention programmes to schools and colleges where our facilitators work directly with students to promote awareness, provide skills and advice, and support teachers and staff as needed.

We also provide a wide range of online resources including online training and youth self-harm and suicide publications; and we provide and operate a FreeText service where people in need

of crisis information can text our information service free of charge. We provide crisis funding for immediate access to crisis counselling for at-risk teenagers.

Our Facilitators and volunteers also arrange and provide outreach events and awareness campaigns around the country for parents, community organisations and voluntary groups. We also provide services to youth organisations, youth diversion projects, clubs and sports organisations upon request.

Source of funding

The principal source of funding for the charity is the generosity of the general public with donations as well as some corporate sponsorship.

Reserves

The charity needs reserves to:

- Ensure the charity can continue to provide a stable service to those who need them.
- Meet contractual obligations as they fall due;
- Meet unexpected costs;
- Provide working capital when funding is paid in arrears;
- Meet the costs of winding up in the event that was necessary

Based on this, the trustees are satisfied that it holds sufficient reserves to allow the charity to trade successfully.

Approved by the Board of Trustees on 21st July 2022 and signed on its behalf by:



Nelius Enright
Chairperson



Anthony Philpott
Chief Executive

TRUSTEES' RESPONSIBILITIES STATEMENT

The trustees are responsible for preparing the financial statements in accordance with applicable Irish law and regulations.

The law applicable to charities in the Republic of Ireland requires the trustees to prepare financial statements for each financial year which give a true and fair view of the assets, liabilities and financial position of the charity as at the financial year end date and of the surplus or deficit of the charity and otherwise comply with the Charities Act, 2009.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently;
- observe the methods and principles in the Statement of Recommended Practice: Accounting and Reporting by Charities (2015);
- make judgements and estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with the relevant financial reporting framework, 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 charity will continue in operation.

The trustees confirm that they have complied with the above requirements in preparing the financial statements.

The trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charity's transactions and disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2009 and the provisions of the charity's constitution and rules. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Approved by the Board of Trustees on 21st July 2022 and signed on its behalf by:



Nelius Enright
Chairperson



Anthony Philpott
Chief Executive

INDEPENDENT AUDITORS REPORT

to the Trustees of Youth Suicide Prevention Ireland

Report on the audit of the financial statements

Opinion

We have audited the charity financial statements of Youth Suicide Prevention Ireland for the financial year ended 31 October 2021 which comprise the Statement of Financial Activities, the Balance Sheet and the notes to the financial statements, including the summary of significant accounting policies set out in note 2. 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" and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS 102.

In our opinion the financial statements:

- give a true and fair view of the assets, liabilities and financial position of the charity as at 31 October 2021 and of its surplus 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", as applied in accordance with the provisions of the Charities SORP

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 described below in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity 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 the Provisions Available for Audits of Small Entities, in the circumstances set out in note 3 to the financial statements, 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 trustees' 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 charity'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 trustees with respect to going concern are described in the relevant sections of this report.

Other Information

The trustees 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.

Opinions on other matters

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

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- 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 charity were sufficient to permit the financial statements to be readily and properly audited. In our opinion the financial statements are in agreement with the accounting records.

Respective responsibilities

Responsibilities of trustees for the financial statements

As explained more fully in the Trustees' Responsibilities Statement, the trustees 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 trustees are responsible for assessing the charity'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 management either intends to liquidate the charity or to cease operations, or has no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's Report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Further information regarding the scope of our responsibilities as auditor

As part of an audit in accordance with ISAs (Ireland), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by trustees.
- Conclude on the appropriateness of the trustees' use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our Auditor's Report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our Auditor's Report. However, future events or conditions may cause the charity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

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

Our report is made solely to the charity's members, as a body, in accordance with the governing document of the charity. Our audit work has been undertaken so that we might state to the charity'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 any responsibility to anyone other than the charity and the charity's members, as a body, for our audit work, for this report, or for the opinions we have formed.



RAHENY ACCOUNTS LIMITED TA IRISH ACCOUNTS
Chartered Certified Accountants and Statutory Auditors
Unit 6
Abbey Business Park
Baldoye Industrial Estate
Dublin 13
D13 N738
Republic of Ireland

STATEMENT OF FINANCIAL ACTIVITIES

for the financial year ended 31 October 2021

	Notes	Unrestricted Funds 2021 €	Total 2021 €	Unrestricted Funds 2020 €	Total 2020 €
Incoming Resources					
Charitable activities					
Fundraising and Sponsorship	4.1	191,068	191,068	216,653	216,653
Expenditure					
Charity Activity	5.1	95,981	95,981	106,024	106,024
Cost of Raising Funds	5.2	3,287	3,287	2,274	2,274
Administrative Costs		62,891	62,891	30,370	30,370
Total Expenditure		162,159	162,159	138,668	138,668
Net incoming/outgoing resources before transfers		28,909	28,909	77,985	77,985
Gross transfers between funds		-	-	-	-
Net movement in funds for the financial year		28,909	28,909	77,985	77,985
Reconciliation of funds					
Balances brought forward at 1 November 2020		78,751	78,751	766	766
Balances carried forward at 31 October 2021		107,660	107,660	78,751	78,751

The Statement of Financial Activities includes all gains and losses recognised in the financial year.
All income and expenditure relate to continuing activities.

Approved by the Board of Trustees on 21st July 2022 and signed on its behalf by:



Nelius Enright
Chairperson



Anthony Philpott
Chief Executive

BALANCE SHEET

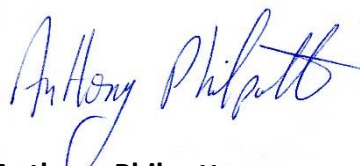
For the financial year end 31 October 2021

	Notes	2021 €	2020 €
Fixed Assets			
Tangible assets	8	13,756	221
Current Assets			
Debtors	9	4,826	3,509
Cash at bank and in hand		94,547	75,954
		99,373	79,463
Creditors: Amounts falling due within one year	10	(5,469)	(933)
Net Current Assets		93,904	78,530
Total Assets less Current Liabilities		107,660	78,751
Funds			
General fund (unrestricted)		107,660	78,751
Total funds		107,660	78,751

Approved by the Board of Trustees on 21st July 2022 and signed on its behalf by:



Nelius Enright
Chairperson



Anthony Philpott
Chief Executive

NOTES ON FINANCIAL STATEMENTS

For the financial year end 31 October 2021

1. GENERAL INFORMATION

Youth Suicide Prevention Ireland is a charity incorporated in the Republic of Ireland. The registered office of the charity is 83A New Street, Killarney, Co Kerry Ireland which is also the principal place of business of the charity. The financial statements have been presented in Euro (€) which is also the functional currency of the charity.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

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

Basis of preparation

The financial statements have been prepared on the going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)".

The charity has applied the Charities SORP on a voluntary basis as its application is not a requirement of the current regulations for charities registered in the Republic of Ireland.

Statement of compliance

The financial statements of the charity for the financial year ended 31 December 2017 have been prepared on the going concern basis and in accordance with the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)" and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

Incoming Resources

Income is recognised by inclusion in the Statement of Financial Activities only when the charity is legally entitled to the income, performance conditions attached to the item(s) of income have been met, the amounts involved can be measured with sufficient reliability and it is probable that the income will be received by the charity.

Expenditure

Expenditure is analysed between costs of charitable activities and raising funds. The costs of each activity are separately accumulated and disclosed and analysed according to their major components. Expenditure is recognised when a legal or constructive obligation exists as a result of a past event, a transfer of economic benefits is required in settlement and the amount of the obligation can be reliably measured. Support costs are those functions that assist the work of the charity but cannot be attributed to one activity. Such costs are allocated to activities in proportion to staff time spent or other suitable measure for each activity.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

Fixtures, fittings and equipment	- 20% Straight line
Motor vehicles	- 25% Straight line

Debtors

Debtors are recognised at the settlement amount due after any discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due. Income recognised by the charity from government agencies and other co-funders, but not yet received at financial year end, is included in debtors.

Cash at bank and in hand

Cash at bank and in hand comprises cash on deposit at banks requiring less than three months notice of withdrawal.

Taxation

No current or deferred taxation arises as the charity has been granted charitable exemption. Irrecoverable valued added tax is expensed as incurred.

The charity has been granted charitable tax status under Sections 207 and 208 of the Taxes Consolidation Act 1997, Charity No CHY 18438 and is registered with the Charities Regulatory Authority.

3. PROVISIONS AVAILABLE FOR AUDITS OF SMALL ENTITIES

In common with many other charitable companies of our size and nature, we use our auditors to assist with the preparation of the financial statements.

4. INCOME

4.1 CHARITABLE ACTIVITIES	Unrestricted Funds €	Restricted Funds €	2021 €	2020 €
Fundraising and Sponsorship	191,068	-	191,068	216,653

5. EXPENDITURE

5.1 RAISING FUNDS	Direct Costs €	Other Costs €	Support Costs €	2021 €	2020 €
Summary	99,268	-	62,891	162,159	138,668

5.2 CHARITABLE EXPENDITURE	2021	2020
	€	€
Schools Programme	54,401	74,773
Outreach Programme	28,766	24,344
Awareness Programme	12,814	6,907
	<hr/>	<hr/>
	95,981	106,024
	<hr/> <hr/>	<hr/> <hr/>

5.3 COST OF FUNDRAISING	2021	2020
	€	€
	3,287	2,274
	<hr/> <hr/>	<hr/> <hr/>

6. ANALYSIS OF SUPPORT COSTS	2021	2020
	€	€
Telephone	4,322	2,611
Rent	12,504	6,086
Insurance	2,634	2,515
Bank fees	2,684	3,596
Audit and accountancy	6,203	5,139
Covid 19 Support	10,000	4,000
General Office	20,293	1,751
Legal and other professional fees	189	60
Depreciation	505	438
General expenses	2,887	365
Computer costs	670	3,809
	<hr/>	<hr/>
	62,891	30,370
	<hr/> <hr/>	<hr/> <hr/>

7. NET INCOMING RESOURCES	2021	2020
	€	€
Net Incoming Resources are stated after charging/(crediting):		
Depreciation of tangible assets	505	438
Auditor's remuneration:		
- audit services	3,874	3,530
	<hr/> <hr/>	<hr/> <hr/>

8. TANGIBLE FIXED ASSETS

	Fixtures, fittings and equipment €	Motor vehicles €	Total €
Cost			
At 1 November 2020	13,461	-	13,461
Additions	4,340	9,700	14,040
Disposals	(13,240)	-	(13,240)
	<hr/>	<hr/>	<hr/>
At 31 October 2021	4,561	9,700	14,261
	<hr/>	<hr/>	<hr/>
Depreciation			
At 1 November 2020	13,240	-	13,240
Charge for the financial year	346	159	505
On disposals	(13,240)	-	(13,240)
	<hr/>	<hr/>	<hr/>
At 31 October 2021	346	159	505
	<hr/>	<hr/>	<hr/>
Net book value			
At 31 October 2021	4,215	9,541	13,756
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>
At 31 October 2020	221	-	221
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

8.1 TANGIBLE FIXED ASSETS PRIOR FINANCIAL YEAR

	Fixtures, fittings and equipment €	Total €
Cost		
At 31 October 2020	13,461	13,461
	<hr/>	<hr/>
Depreciation		
At 1 November 2019	12,802	12,802
Charge for the financial year	438	438
	<hr/>	<hr/>
At 31 October 2020	13,240	13,240
	<hr/>	<hr/>
Net book value		
At 31 October 2020	221	221
	<hr/> <hr/>	<hr/> <hr/>
At 31 October 2019	659	659
	<hr/> <hr/>	<hr/> <hr/>

9. DEBTORS	2021	2020
	€	€
Trade debtors	-	-
Other debtors	4,826	3,509
	<u>4,826</u>	<u>3,509</u>

10. CREDITORS	2021	2020
Amounts falling due within one year	€	€
Bank facilities	1,595	933
Accruals	3,874	-
	<u>5,469</u>	<u>933</u>

11. RESERVES	2021	2020
	€	€
At 1 November 2020	78,751	766
Surplus for the financial year	28,909	77,985
	<u>107,660</u>	<u>78,751</u>

12. RELATED PARTY TRANSACTIONS

During the year the company, Youth Suicide Prevention Ireland Publications Limited provided services to the charity to the value of €19,690 (2020: €41,100). Youth Suicide Ireland Prevention Limited is a company that is 100% controlled by the Trustees of Youth Suicide Prevention Ireland.

During the year the charity was charged license fees of €10,000 (2020: €4,000) by the facilitators, being the copyright holders, for use of various copyrighted programmes for video production.

13. CASH AND CASH EQUIVALENTS	2021	2020
	€	€
Cash and bank balances	94,547	75,954
Bank overdrafts	(1,595)	(933)
	<u>92,952</u>	<u>75,021</u>

14. POST-BALANCE SHEET EVENTS

There have been no significant events affecting the Charity since the year-end.

15. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the Board of Trustees on 21st July 2022



Youth Suicide Prevention Ireland

Registered Charity 20070670

83A New Street, Killarney, County Kerry V93 FR59

☎ 1800 828 888

✉ admin@yspi.ie

💻 www.yspi.ie

💻 www.ineedhelp.ie

💻 schools.yspi.ie

💻 www.youthcrisiscounselling.ie