Suicide&co



Annual Report and Audited Financial Statements for the year ended 31 December 2025



Suicide&Co
Registered Charity Number 11187985
suicideandco.org

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The year
IN REVIEW

2025 has been a monumental year of growth, deep connection, and record-breaking delivery for Suicide&Co. Driven by our unwavering mission to support individuals bereaved by suicide and shatter the stigma surrounding suicide loss, we have expanded our reach and deepened our impact across all services and platforms.

Our core services reached an unprecedented scale, providing vital 1-2-1 support to a record 1,665 individuals. Our Counselling Service marked its largest delivery year to date, with 37 qualified counsellors providing 6,754 sessions for 832 people—averaging more than 550 sessions a month. Alongside this, our support team met individuals from day one of their grief journey, providing over 1,450 hours of immediate care across 2,700 support calls. This included 938 vital calls handled through our new Early Bereavement Support Service that we launched in October.

Beyond direct clinical support, our digital presence evolved into a vital, highly accessible "front door" for those navigating suicide loss as we relaunched our App in September!

True systemic change relies on collaboration and our network was further solidified during our Sector Summit, bringing professionals from the sector together to build stronger, more inclusive pathways for those navigating suicide loss.



Our Impact

1,665

People received 1-2-1 support through our services in 2025



Our Front Door

Throughout 2025 our website has been the first place that people find out about us and so we have ensured it is packed full of resources and guidance, welcoming our community into a space where they can get the vital support they need. In 2025 we had over 19,000 active users. We continue to provide a source of consolidated and specific information in our user-friendly Help Hub; curating existing content, signposting to useful resources and highlighting lived experience.

Our Community

In 2025 we've grew our social community to 22,939 people, an increase of over 30% from last year across all platforms. This allows us to connect directly with our audience, share content that helps tackle the stigma surrounding suicide, and break down barriers to accessing support services. Our posts about the Heirlooms film, highlights from our Breaking the Ice Ball and our Love Actually scene recreation gained significant views, totalling 188,047 between those three alone.



Our Counselling Service



This continues to be our biggest service, with our 37 qualified counsellors delivering on average 563 counselling sessions a month. In 2025 we delivered 6,754 counselling sessions to 832 different people, our biggest delivery year yet.

Early Bereavement Support

We know that suicide-related grief is unique, does not have a timeline and that the intensity of suffering goes up and down. Our Suicide Bereavement Advisors provide practical and emotional support to people from day one of their grief journey that is person-centred and ongoing. The team have provided more than 1,450 hours of support across 2,700 calls to over 800 people. This service is hugely beneficial for those in need of flexible support.





Our Sector Activity

38% of our referrals come from other organisations in the sector showcasing our focus on building collaborative relationships. A great example of which is our Sector Summit, where we can create strong connections in the sector.

A note from our Chair



I am delighted to present this report on behalf of the trustees for the year to December 2025. It has been another exceptional year for our charity. Through the following pages, you will gain insights into the services we have delivered, the people we work with and how we look to deliver on our mission - to support anyone and everyone bereaved by suicide.

But beyond these pages, there are many more people deserving of our support whom we need to reach. Suicide rates as a whole in England and Wales have been increasing since we started the charity back in 2020. The communities we need to support are unfortunately growing and still struggling with stigma and the lack of timely access to high quality care.

This report highlights the work we have been doing to address this, such as the Early Bereavement Support Service, a vital pathway for those just coming to terms with loss. We are recruiting more people to deliver the vital counselling service we provide and naturally, as we grow, we need to ensure we have the right infrastructure to support these teams. We are also thinking hard about the implications of technology for our work and the impact the cost of living is having. All of this requires us to be bold and aspirational if we want to be there for the communities we serve.

This year the Board has constituted a People Committee and a Finance, Risk and Audit committee to support its work. We have been supporting Amelia and the executive team in realising our strategy to deliver more services to more people across England and Wales. And we are committed to spending donor monies wisely, with a thought for tomorrow's bereaved as much as today's. I hope that this report provides reassurance and inspiration for you in the work that we do.

I would like to thank my fellow trustees for their help and guidance as we have navigated this year. A huge thank you is owed to Amelia, our co-founder and CEO, and the entire executive team for their dedication and hard work too. And to all our donors, ambassadors, advisors and the wonderful people who have sought the support of this charity, thank you...don't let silence be the last word.

Kevin Corrigan
Chair

Our CEO's report



When I started Suicide&Co with Emma, my co-founder and a trustee of the charity, our vision was born out of a deeply personal and shared lived experience of losing a parent to suicide. We knew first-hand that suicide-related grief brings a unique, isolating intensity, and we were determined to build a space that offered the practical, person-centred care we wished had been there for us.

Looking back at everything we have achieved together in 2025, I am filled with immense gratitude, pride, and an overwhelming sense of systemic momentum.

This past year has truly been a definitive chapter for our charity, marked by our largest service delivery to date. Behind each of the figures is a human story, a person who was met with kindness and guided through their darkest days by our qualified counsellors and dedicated Suicide Bereavement Advisors.

A core pillar of our work at Suicide&Co is dismantling the heavy stigma that surrounds suicide loss. This year, we took that mission to spectacular heights. In November, we hosted our first-ever Breaking the Ice Ball beneath the breathtaking arches of the Natural History Museum. It was an unforgettable evening of connection, compassion, and celebration, brought to life with the incredible dedication of our team, ambassadors, and community.

Alongside these milestone events, our creative advocacy thrived online. From our "Heirlooms" series to our viral "Love Actually" recreation, our digital campaigns garnered nearly 190,000 views, welcoming thousands into our online help hub and growing our community to over 22,000.

Crucially, 2025 has also been a year where we turned our focus inward to ensure our services are accessible and inclusive for everyone. Most notably, we worked with amazing partners to redevelop our app so that it is now available on all devices, meaning we can now accelerate and expand the reach of this vital service!

Our priority for 2026 is the deliberate stabilisation of our operational model, ensuring the incredible growth we have achieved becomes deeply rooted and sustainable. Every step we take, from refined support pathways to advanced digital access, is designed to future-proof our mission.

Our growth is a testament to the power of collective responsibility. To our extraordinary counsellors, staff team, trustees, volunteers, partners, and every individual who donated, attended an event, took on a challenge, or shared their story: thank you. You are the driving force behind this movement. Because of you, we are altering the landscape of suicide bereavement and ensuring that those left behind are seen, heard, and deeply supported.

Keep talking,

Amelia Wrighton x
Co-Founder & CEO

Marco's Story



Over the course of just two years, Marco faced an almost unimaginable concentration of bereavement. Between 2024 and 2025, his family was completely devastated by a succession of losses, leaving him to navigate the passing of multiple close relatives, including his aunt, his uncle, and his parents. Each of these individuals was incredibly important to him, but it was the tragic and sudden death of his beloved nephew, Massimo, that shattered his world entirely. Massimo was far more than a nephew to Marco, he was like a son. The compounding weight of these continuous losses reached a breaking point after the passing of his mother and Massimo.

Learning that his nephew had died by suicide plunged Marco into absolute hell, triggering a range of agonising emotions that he was completely unable to process. The grief became so acute and palpable that it took a severe, physical toll on his health, ultimately resulting in a complete nervous breakdown that required Marco to be hospitalised.

In the traumatic days and weeks that followed his discharge from hospital, the reality of managing day-to-day life felt almost impossible. Marco found himself trapped in an incredibly isolating environment where the unique stigma attached to a suicide loss made the situation significantly heavier.

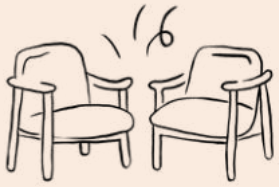
He tried to access support through a general therapist, but the input was simply not comprehensive enough to address the complex, specialised trauma of his suicide bereavement. Marco felt entirely overcome by a physical pain that seemed to dominate his entire existence, leaving him with no clear way to survive the immense shock.

It was during this critical period that a close friend, who had previously received support from Suicide&Co after the tragic loss of his own son, advised Marco to reach out to the charity. Finding the organisation provided the vital lifeline that Marco desperately needed during his darkest hour. The team stepped in and supported his trauma with a structured, professional, and deeply compassionate framework. For a man who had been pushed to the absolute brink of psychological endurance, this specialised care offered a safe space to feel heard, helping him survive an otherwise unbearable period of agony.

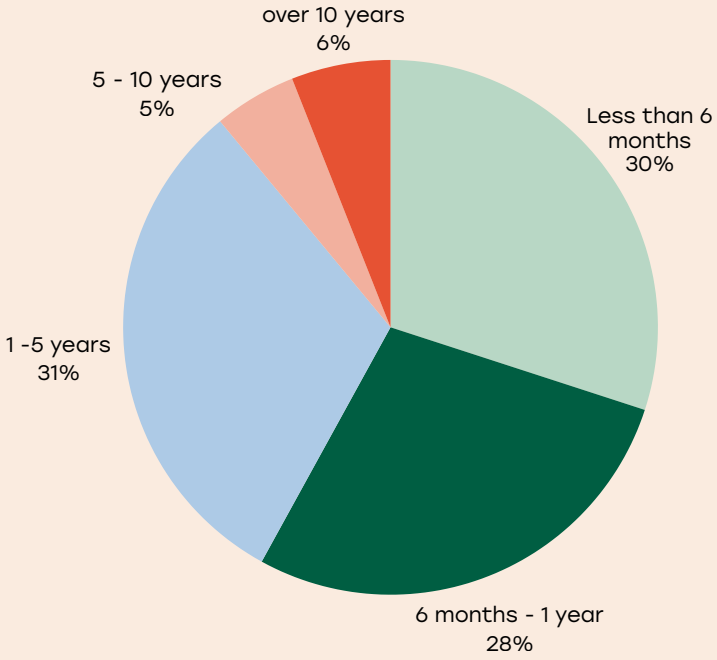
Service Demographics

Ethnicity

The majority of applications to our counselling service are from people of a white ethnic background. In 2025 13% of our applications were from people who are from a non-white ethnic backgrounds. This is an area that we are working towards improving, although this is up from 6% last year.

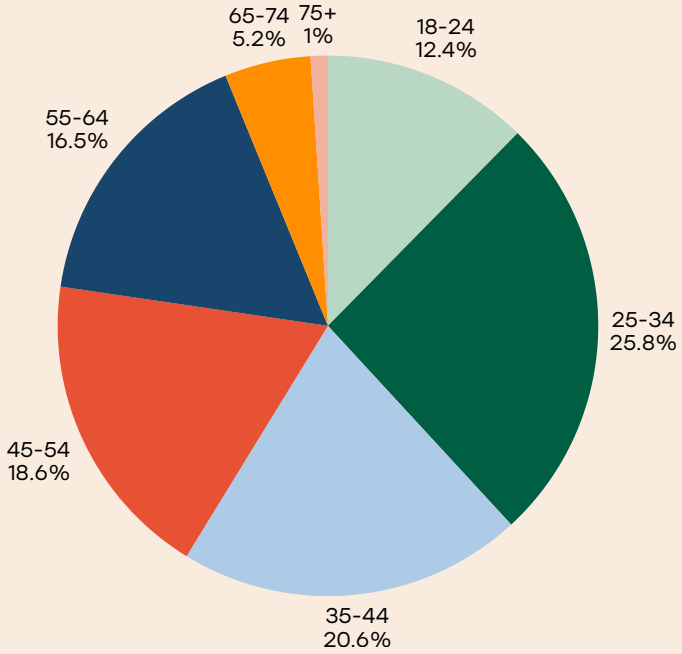


Time Since Bereavement



89% of applications came from people in the first 5 years of their bereavement.

Age on Application



Application Source

In 2025, 38% of referrals to our counselling service came from other organisations. We saw an increase from 10% to 14% from people who found us through our website/ online search. We saw a rise from 7% to 9% from people who were signposted to us by a medical professional We also saw an increase from 19% to 21% from people who had been signposted to Suicide&Co through friends and family.

Gender identity and sexual orientation

13% of our applications came from the LGBTQ+ community.



78% described themselves as Female



20% described themselves as Male

Service Measurement

The questions that we ask counselling clients before starting and after finishing counselling reflect our service aims. We had 362 people complete our pre-counselling feedback form and 211 people complete our post-counselling feedback form.

On a scale of 0 to 5, how confident do you feel in your ability to understand and navigate your grief?

2.5 → 3.9

Average score pre-counselling

Average score post-counselling

On a scale of 0 to 5, how confident do you feel in your ability to develop coping strategies?

2.7 → 3.9

Average score pre-counselling

Average score post-counselling

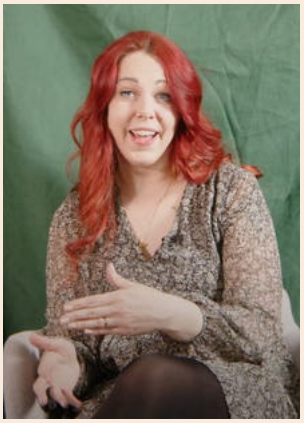
On a scale of 0 to 5, how confident do you feel in your ability to explore your thoughts and feelings?

2.9 → 4.1

Average score pre-counselling

Average score post-counselling

We also capture qualitative feedback via written testimonials which we have over 350 of. We also record video testimonials and in 2025 were supported by 3 more clients to capture their story and the impact our service has had on their grief journey. All are saved on Youtube here.



Early Bereavement Support

Numbers



Our Emotional Support Team delivered over 2,700 phone calls, not including video calls, providing more than 1,450 hours of support . Through our support line, the team reached over 800 individuals. Since the pilot programme launched in October, we have delivered 938 support calls, which are included within the total 2,700 calls delivered.

An observation from one of our Suicide Bereavement Advisors

“It has been such a privilege to walk alongside people in these darkest moments. To be able to sit with people in their grief, build a safe and trusting relationship, and to watch them grow in confidence again over these six months. It has been a great feeling to also know that many of these clients will continue their support journey in our counselling service. “



CLIENT QUOTES



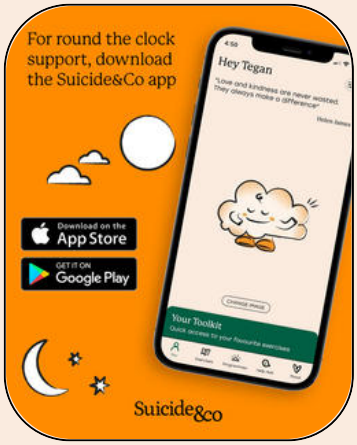
"I just want to say also how amazing ... has been, absolutely amazing , and I can’t thank her enough for every conversation we have had. She genuinely has saved my life and got me through the worst 6 months."

"Your help and support has meant so much to me, I have experienced some really dark days and some really difficult times but there was never a day I didn't want to take your call, they have been a huge part of what has kept me going since .... died. You always listened with kindness and compassion. Thank you so much."

“I just want to say thank you so much for your help through my difficult time the past few months. I just want you to know that I appreciate your hard work and dedication to take care of me. Please keep up the great work you do, you are bettering lives.”

“I didn't feel like talking to anyone at first, as you know. But you managed to get me to open up on the darkest stuff that was going through my mind. You guided me through all of that and the parts where for once in my life, I thought I was going a bit crazy and wouldn't have spoken to anyone else about it. So thank you so much, you've been absolutely wonderful and I'm truly grateful.”

Our Digital Services



When we look at the avenues through which individuals seek support, accessibility is everything. While our 1-2-1 Counselling and Early Bereavement Support services provide foundational, clinical, and human-led guidance during standard hours, we recognise that grief does not keep to a schedule. For many navigating suicide bereavement, the hardest, most isolating moments arrive in the middle of the night, during waiting periods, or when taking the initial step toward traditional counselling feels overwhelming.

To bridge this gap, 2025 marked a massive milestone in our digital support infrastructure: the redevelopment and cross-platform relaunch of The Suicide&Co App.

Originally generously donated to us as a pilot project called 'Sidekick', the platform was previously constrained by device limitations. Thanks to the brilliant support from The Hunchman Trust we partnered to overhaul the app, ensuring it is fully accessible to both iOS and Android users across the country.

Launched on World Suicide Prevention Day (10th September 2025) , the app has seamlessly woven into our wider ecosystem as a 24/7 digital "front door". The public response was immediate and profound:

- By January 2026, 34% of our digital community was actively using the app on Android devices alongside our iOS base (66%), proving the necessity of an inclusive platform.
- Supported by a robust national media campaign, including 28 interviews across regional and national outlets like BBC Radio London and ITV, our launch announcement post generated over 24,000 views.
- The relaunch catalysed an initial surge of 766 downloads in September. Driven by subsequent community awareness events like our Breaking the Ice Ball, downloads spiked again toward winter, establishing the app as our single largest digital service touchpoint with 424 highly active users utilising its tools consistently every month.
- Our data demonstrates that users are genuinely relying on the platform for meaningful, quiet support: Active users spend an average of over 4 minutes per session engaged with the app.
- The app records an average of 37 to 42 active feature interactions per user every month, demonstrating that individuals are turning to its resources on a regular basis.

By creating a digital sanctuary that moves with our community wherever they go, we are redefining what immediate, ongoing grief support looks like in the digital age.

Ian’s Story



Following the tragic loss of his son, Ian faced a mountain of complex grief, a traumatic inquest process, and an isolating wall of silence from people who did not know how to handle the stigma of suicide. To make matters worse, generic bereavement organisations turned him away, rigidly enforcing rules that prevented counselling within the first six months but offered no other form of specialist support. Ian realised that he needed something different, a service with the specific expertise to handle the unique trauma of suicide bereavement.

Ian searched for specialist organisations and found Suicide&Co. From his very first contact, the pathway was excellent. Recognising his immediate need for connection, the team provided Ian with weekly support calls and kept him updated before his formal counselling sessions began.

Ian knew exactly what kind of help he needed to process his grief. After his time with our Early Bereavement Support team, he asked for an experienced counsellor who was directive rather than reflective, and who could set clear targets. Suicide&Co matched him perfectly. His counsellor was outstanding, listening intently to the circumstances surrounding his son’s death and tailoring the sessions to Ian's specific mindset.

At first, they focused on the trauma of the death and its immediate aftermath, before gradually shifting the focus toward Ian's future. The counsellor set practical tasks for Ian to achieve between meetings, which helped him navigate his daily life.



The impact of this tailored support has been transformative for Ian. Before finding Suicide&Co, he felt intensely anxious and like a failure, but he has now stopped blaming himself and has a much better understanding of his situation.

Ian describes Suicide&Co as professional, innovative, and unique, and he continues to use their support App to help manage his journey. For anyone newly bereaved by suicide and is struggling to find the right help, Ian's advice is simple: trust the specialists at Suicide&Co.

Highlights of the year



London Winter Walk

The beginning of the year saw a significant community effort at the London Winter Walk to support Suicide&Co!

24 participants embraced the challenge, covering either 10km, a half-marathon, or a full Marathon distance, and actively encouraged their networks of friends and family to join and contribute.

It was an early start to the morning, but each of them turned up ready to tackle the challenge! The Suicide&Co team were on hand at the start, and a small team of volunteers hosted a stand on the day to signpost to our services. Collectively, our London Winter Walkers raised £6,942 for our services.

Heirlooms

Heirlooms is a powerful short film created by Sticker Studios and Will Castle in partnership with Suicide&Co.

The film takes audiences on a deeply moving journey of grief, love, and redemption, bringing a message of hope to those struggling with suicide loss.





We were proud to host the film's premiere on 12th February at the Curzon cinema in Soho with more than 250 people in attendance.

It went live the following day, and was shared widely, including by West Ham United. Heirlooms received over 1.1 million views across all platforms and pages, expanding our reach and driving the conversation of suicide bereavement.

Sector Summit



On February 27th, we hosted our second Sector Summit at Church House in Westminster. There were four main topics, with each one having a panel to discuss it. These were:

- Deepening Our Understanding Through Research
- Upholding Boundaries to Maximise Impact
- Creating Interest vs Breaking the Stigma
- Navigating Dominant Factors and High-Risk Audiences

The 2025 Sector Summit brought together more than 200 professionals in-person and online from diverse fields—including first responders, content creators, and corporate leaders—to share knowledge on suicide bereavement. This unique mix of attendees created a dynamic exchange of ideas, breaking down traditional silos and highlighting the multifaceted nature of this work. The event served as a vital step in fostering connections and equipping a community of professionals with the tools and inspiration needed to make a tangible difference in the lives of people bereaved by suicide.



Pub Quiz

On April 1st, we held a Pub Quiz at the Hawks Nest on Goldhawk Road to raise money to support our services.

The evening was hosted by the brilliant Henry Hayes, who kept everyone entertained throughout the night. It was a fantastic way to bring people together and raise awareness of our cause.

The whole Suicide&Co team participated and thoroughly enjoyed the evening, and of course, the delicious pizzas and drinks on offer too!

A massive thank you to everyone who attended, to the Hawks Nest for allowing us to host, and Henry for being an amazing Quiz Master.

Self-Care Fair



On May 3rd and 4th, we held a Self-Care Fair, a community event filled with stores selling wellness products, panel talks, cafe, massages, workshops and even a therapy dog area!

The weekend was filled with collaboration with the Lonely Girls club, and The Cuddle Club, showing their support over the weekend with our celebrity ambassador, Shirley Ballas attending to give a talk.



Across the two days we had workshops and talks from 12 collaborators covering topics like sleep, grounding techniques, managing grief, nourishment etc.

The Panel talks were recorded and posted on our Instagram and got over 12,000 views.

5th Birthday Party



On July 17th we celebrated our 5th birthday with our wonderful supporters at The Bluebird in Chelsea. Surrounded by delicious food and amazing company, it was such a special evening to reflect on how far we've come together.

At the time of our 5th birthday, we had supported over 3,000 clients through one-to-one counselling and casework, nearly 20,000 hours of support for people bereaved by suicide. On the night, we also raised an amazing £16,000, helping us continue our vital work.

Thank you to our loyal supporters who have been with us over the past five years. We are only just getting started !

Sarah's Story



When Sarah lost her son, Ben, she lost a young man who was truly the life and soul of the family. From the time he was a toddler, Ben loved making people laugh. He was an incredibly hard worker with a massive love for horses, owning and showing them to win every major competition across the South West and Mid Wales.

Ben was passionate about his hobbies and full of ambition, acting as Sarah's very own Del Boy and constantly joking that this time next year he would be a millionaire. He adored his children and shared an exceptionally strong bond with his late grandmother. Yet, beneath his vibrant exterior, Ben fought a silent battle with hidden demons on a daily basis.

When his grandmother passed away, the family missed her dearly, but Ben simply could not get over the loss. Tragically, the weight of his hidden struggles eventually took him away from those who loved him.

In the immediate, agonising weeks that followed Ben's suicide, Sarah was thrown into a state of total disbelief. The shock was physically and mentally paralysing. Every single morning, Sarah would wake up with the fleeting, comforting thought that Ben was still alive, only for the brutal reality of his absence to hit her all over again a moment later.

She existed in a state of complete numbness, her mind tormented by endless, unanswered questions about why this had happened. Sarah describes those early days as absolute hell, an experience where the sheer weight of her grief felt exhausting and heavy, as though she was constantly trying to wade through deep mud just to get through the day.



Desperate to find a way out of the darkness and process the trauma of losing her son, Sarah knew she needed to speak with someone who truly understood this specific type of loss. Her search led her to Suicide&Co. The organisation stepped in quickly to provide the vital lifeline Sarah needed during the worst period of her life. Through their specialised counselling service, Sarah was given a compassionate, safe space to offload the immense pain she was carrying. The support provided the dedicated care required to help a grieving mother survive an unbearable tragedy.

36k Challenge

In 2025, following the release of new statistics demonstrating an increase in suicide rates (ONS), we adapted our annual challenge, the 34k Challenge, to the 36k Challenge.







We had 24 Challengers take part in the 36k Challenge from all over the UK, and internationally in Australia and South Africa!









We received 1286 individual donations to our campaign!

















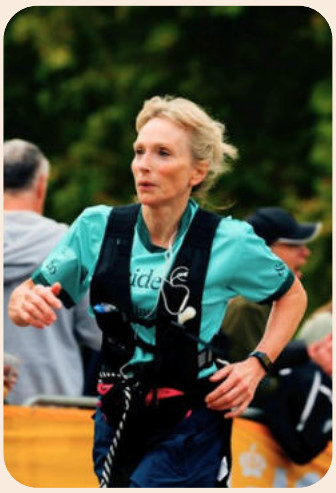
Altogether, our incredible challengers raised over £50,000 to support those bereaved by suicide. Thank you so much to everyone who took part!

Royal Parks Half Marathon

In 2025, we proudly celebrated our third year attending the Royal Parks Half Marathon to cheer on our incredible runners! This year, we had twenty individuals participating in the 13.1 miles across London's most iconic parks.









It was a fantastic day with members of the Suicide&Co team present, joined by our runners' friends and family to proudly cheer them on at the half way point. At the end of the race, we gathered together to celebrate their achievements.

Altogether, our Royal Parks Half Marathon runners raised over £20,000, providing over 666 Counselling Sessions for those bereaved by suicide! Thank you so much to all those who took part.



The Ash Family Row

On World Mental Health Day (October 10th) the Ash Family announced their incredible plans to row the Atlantic in December 2027, in memory of their dad and husband, Robert, to raise £300,000 for Suicide&Co.

The Ashes will be rowing 3000 miles unsupported from La Gomera to Antigua, and will be the world's first full family unit to complete the challenge.

In two months of fundraising, the Ashes have raised over £81,000, which is absolutely phenomenal progress, and we could not be more grateful for their support. We are so excited to be working with them and to support them over the next two years as they embark on this incredible endeavour.

If you are interested in following their journey, head to their website www.ashfamily.row or their Instagram @ashfamilyrow

If you are a corporate interested in supporting them, please do get in touch with ashfamilyrow@gmail.com



Spirit of Christmas

In November, we were proud to be the official Charity Partner at the Spirit of Christmas Fair for the third year running!

Each day, volunteers from a range of corporations joined us to manage the Shop and Drop service at the fair. Over the course of the week, more than 80 volunteers supported us, many through corporate volunteer days, companies included Fit Consulting, Church House, Mars, Mintel, Caroline Baker, Texel, Bean Research and Capture Comms, alongside some of our wonderful existing volunteers.

We were also delighted to work with five generous gifting partners, Bold Beans, Scentered, Island Chocolates, Punchy Drinks and Zing, who each kindly donated 200+ samples. These were gifted to visitors who upgraded to our Unlimited Shop and Drop service, helping to enhance the experience while supporting our fundraising efforts.

Together, we smashed our fundraising goal and raised over £18,000!



Katherine’s Story



When Katherine lost her daughter, Minnie, she lost a beautiful, kind, and loyal young woman who truly loved life, her family, and her friends. Minnie possessed a wonderful softness and a vibrant energy, working hard at Marks and Spencer and looking forward to a promotion at her second job, with aspirations to train in health and social care. She was a passionate reader who loved music, cycling, and going to drum and bass gigs with her friends. Tragically, Minnie's life was cut short by suicide, leaving her family in a state of absolute, shattering devastation. The immediate impact was such a horrendous shock that Katherine found her memory of those first weeks completely blurred, existing in a state of numbness where it still felt entirely impossible to believe that her daughter had died.

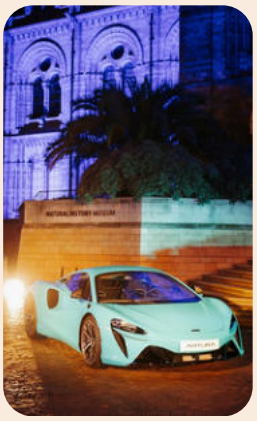
In the long and painful months that followed the funeral, Katherine faced a deeply isolating environment. She experienced a subtle but incredibly painful form of societal stigma when she tried to openly express her grief. She discovered that in many places, and even within her own wider family, it was very hard to be heard, as people simply could not cope with the depth of the tragedy and found it difficult to stay and listen to a grieving mother. A close friend who suffers from chronic fatigue pointed out that just like a hidden illness, grief is completely invisible. Because Katherine was doing her best to put one foot in front of the other for her husband and her younger daughter, people frequently made the painful assumption that she was doing okay.

The lack of visible understanding left Katherine feeling profoundly alone and trapped in a state of utter despair, carrying an unbearable pain that was further compounded by challenging, stressful circumstances at work.

It was during this time of intense vulnerability that Katherine reached out to Suicide&Co for 1-to-1 counselling. Having previously tried a generic support group that did not fit her specific trauma, finding the charity provided the vital lifeline she desperately needed. Katherine is entirely honest about the magnitude of her trauma, stating from the bottom of her heart that she does not believe she could have survived the loss of her daughter without their help. The specialised service stepped into her despair, offering her the compassionate, dedicated listening ear that her wider community could not provide.

Breaking the Ice Ball







On the 27th November, we held our Breaking The Ice Ball at The Natural History Museum, hosted by the wonderful Jamie Laing !

With our headline partner McLaren, it was a night centred on breaking the stigma around suicide bereavement and opening up the conversation.

We managed to raise an incredible £225,000! Enabling us to fund 7,500 counselling sessions for those bereaved by suicide !!

Thank you to everyone involved for making it a truly unforgettable evening !



Breaking the Ice Ball

Our Partners

McLaren were our wonderful headline sponsor, helping to make the night truly unforgettable

Luxury London were our media partner for the event

Gee Brothers were our printing partner and added the most beautiful touch on the night

The BRIT School performed a truly show-stopping performance for our guests



Sapling provided their beautiful organic vodka, which was enjoyed throughout the evening



Zafferano wowed our guests with the most amazing food and drinks

Selection, founded by SAS veterans, generously supplied the beer on the night

Vinotopia kept everyone's glasses topped up with delicious wine !

Light Motif, our production team, pulled the whole event together on the night

Lara and Bizzy captured the joy and spirit of our Breaking the Ice Ball

Duzi Studios, our trusty design agency, made everything look beautiful for the event

Designed By Verity bought our table names to life with her incredible drawings

Hamish decorated the tables with his incredible sculptures

Community Fundraising Overview

‘What a wonderful charity to support. I’ve been incredibly grateful for the amazing encouragement I’ve received from Suicide&Co, friends, and family along the way. It’s been a true privilege to have had this opportunity and experience.’

Daniel Allen- 30-39

114

fundraisers, raising over

£244,800

in total, taking on over

48

different fundraising events!

This year, the Suicide&Co community participated in some absolutely fantastic challenges to fundraise for our services. We are so grateful for each and every one of them for their efforts.



Team Good Grief Cycled the NC500

£4,125



Team Here Comes the Sun Snowdon Hike

£2,000



Jack Buchanan Memorial Rugby Match

£15,063



Rosa O’Riley London Marathon

£3,181



126 Boulder Challenge

£3,252



Annabelle Rankin Oxford Half Marathon

£2,451



The Tara Group 35km Canal Walk

£4,500



Daniel Allen Westport Sea 2 Summit

£2,273

Rachael's Story



Rachael's world changed completely when, at 2:00am, a knock at the door brought the devastating news that her 25-year-old brother, Michael, had died. Just 13 months apart in age, Michael was not only her little brother but also her closest companion, a 6'5" gentle soul who, in Rachael's words, would do anything for anyone.

In the hours that followed, Rachael found herself facing the unimaginable task of travelling to tell other family members what had happened. Each conversation meant reliving the news, while watching the people she loved begin to experience their own grief.

In the weeks that followed, the impact of Michael's death affected every part of Rachael's life. She struggled to eat and sleep and, at times, found it difficult even to put a sentence together. The people she would ordinarily have turned to – family and shared friends – were grieving Michael too, and Rachael found herself holding back some of what she was feeling because she did not want them to worry about her. Despite seeking help, she struggled to find support that understood the particular complexities of being bereaved by suicide. She felt increasingly isolated and unsure where to turn at a time when she needed somewhere safe to talk openly.

That changed when Rachael reached out to us at Suicide&Co. From her first contact, Rachael felt seen, heard and fully supported. Regular follow-ups reassured her that someone was still there, while specialist suicide bereavement counselling gave her a dedicated space to talk about Michael, her grief and the impact his death was having on her life.



Working with a counsellor who understood suicide bereavement meant Rachael did not have to explain what she was experiencing. Over time, she developed strategies to manage overwhelming emotions and learned to live alongside her grief. Rachael has remembered how to live and laugh again. She spends time at the pub with friends, goes to music concerts and is beginning to embrace life, while keeping Michael and the precious memories they shared close.

Two years later, Rachael still carries the significant loss of Michael with her. Support has not taken away her grief, nor the love she has for her brother; instead, it has helped her begin to rebuild her life around such a significant loss.

Thank you for your GENEROUS SUPPORT

Our work is only possible thanks to the extraordinary generosity of our community. While we cannot list every contributor, we are proud to highlight some of the key organisations who made a vital difference in 2025.



ActionFunder Ltd
Albert Van Den Bergh Charitable Trust
CHK Foundation
City Bridge Foundation
Ellie and Roger Guy Charitable Foundation
Ian Mactaggart Trust
Lionel Wigram Memorial Trust
Lord Barnby's Foundation
Mactaggart Third Fund
Maximus Foundation
McLaren Automotive
Mr R H Muir's Fritillary Trust
The Andrew and Belinda Scott Charitable Trust
The Big Give Trust Ltd
The Deborah Munton Trust
The Fishmongers Company
The Hobson Charity
The Hunchman Trust
The Lennox Hannay Charitable Trust
The Lockwood Charitable Foundation
The Nick Kilhams Foundation
The Rank Foundation
The Royal Foundation
The Stanley Foundation
The Syder Foundation
The Texel Foundation
The Wesleyan Foundation

Fundraising statement

In order to fund our life-changing services, Suicide&Co is entirely reliant on grants and voluntary donations from individuals and companies, both directly and from fundraising activities like our Breaking the Ice Ball and challenges that our supporters freely undertake such as the London Marathon or our own 36k Challenge.

We are registered with the Fundraising Regulator and strictly adhere to the Code of Fundraising Practice, ensuring that the public, particularly vulnerable individuals, is protected from visual or operational pressure, and that all engagement with donors and the wider community remains respectful, transparent, and fair.

We have a small in-house fundraising team that is tasked with raising all the funds that the charity needs to fulfil its objectives. It is overseen by our CEO with direct oversight from the Board of Trustees. We do not employ commercial participators or professional third-party fundraisers.

There have been no complaints regarding our fundraising activities.

Future plans

In 2026, we will continue to focus on growing our services to meet the increased levels of demand we are seeing. We expect to recruit another 30-40 associate counsellors, and 10 Suicide Bereavement Advisors over the course of the year. We are also going to be reviewing and refining our service model to make sure it is built to scale - our vision is that in 10 years time we are supporting the tens of thousands of people who are bereaved by suicide in the UK every year.

Alongside this, we will be investing in our fundraising capability to secure our long-term sustainability and ability to expand the reach of our vital work. In particular, in 2026 we plan to recruit a dedicated Fundraising Director to work alongside Amelia, our CEO. They will play a pivotal role in growing and diversifying our income streams so that we have the financial foundation to meet the growing needs of our community for years to come.

Reference and Administrative Details

Registered Charity Number
1187985

Principal Address
27 Great Smith Street
London
SW1P 3AZ

Trustees
Kevin Corrigan, Chair
Joshua Doran
Dawn Dutfield
Paul McGregor
Emma Morrisroe
Jennie Oliver (resigned 11 December 2025)
Adele Owen
Amy Ropner

Senior Management Team
Amelia Wrighton: CEO
Nicky Hitchcock, Clinical Director
Nick Martin: Operations Director

Auditors
Wright Vigar Limited
Statutory Auditors
Chartered Accountants & Business Advisers
15 Newland
Lincoln
Lincolnshire
LN1 1XG

Bankers
Weatherbys Bank Ltd
Sanders Road
Wellingborough
NN8 4BX

Governance

Overview

Suicide&Co was founded in 2020 by Amelia Wrighton and Emma Morrisroe, both of whom lost a parent to suicide. It is registered with the Charity Commission of England & Wales, number 1187985.

Its objects are the advancement of health and the relief of those in need in the UK experiencing any form of bereavement in connection with suicide, by:

- enabling those who are bereaved from suicide to access information and support and making grants to those in need to enable access to appropriate counselling and self-coping techniques, in order to promote their wellbeing and minimise any related mental health issues in the future;
- raise public awareness to address the stigma associated with suicide; and
- promoting research into the relationship and rights of individuals caring for those suffering from mental health issues and the public dissemination of the results of such research, for the public benefit; and
- such other means as the Trustees determine.

When reviewing the Charity's aims and objectives and in planning future activities, the Trustees have complied with the duty in section 4 of the Charities Act 2006 to have due regard to the public benefit guidance published by the Charity Commission.

Our Structure

Suicide&Co is a Charitable Incorporated Organisation whose governing document is its Constitution dated 27 January 2020, and whose only voting members are its trustees. The trustees meet quarterly to oversee the Charity's strategic direction and financial performance. They delegate responsibility for the day to day management of the Charity to the Senior Management Team, led by the CEO, in accordance with the scheme of delegation and established financial controls.

A People & Culture Committee and a Finance, Risk and Audit Committee were established in 2025. These meet quarterly and report to the Board. As per the Constitution, at least one member of all such committees is a Trustee.

Appointment of Trustees

Under the terms of the Constitution, Trustees are appointed for a term of three years and are eligible for re-appointment. The Board regularly evaluates its own composition to ensure it maintains the optimal blend of skills, knowledge, and diverse experience necessary to effectively guide Suicide&Co's strategic direction.

Induction and training of Trustees

New trustees undertake an induction programme, including time with the Senior Management Team to understand our mission and values and how the organisation works in practice.

Pay policy for key management personnel

All Trustees give their time freely to Suicide&Co and receive no remuneration, though they may claim for reasonable expenses incurred in the course of their work.

Decisions regarding the pay and benefits of the CEO and Senior Management Team are handled directly by the Board with input from the People Committee. Reviewed alongside the annual budget, these packages are assessed to ensure they are fair, proportionate, and benchmarked against similar positions within the wider sector, while always remaining subject to the Charity's ongoing affordability.

Risk Management

The Board of Trustees is accountable for overall risk management within the Charity. We maintain a Risk Register which is reviewed regularly. The Board established a Finance, Risk and Audit Committee in 2025 to add additional oversight on some of the key risks the Charity has identified and advise on the steps to be taken to mitigate them.

The top risks identified at the end of 2025 were:

- A shortfall in income

We remain mindful of the economic challenges facing the charity sector and the direct impact an income shortfall would have on our capacity to maintain and expand our services. Our fundraising strategy focuses on developing multiple income streams, a key part of which is our event portfolio, highlighted by the major success of our Breaking the Ice Ball in November. We grew our fundraising team from 4 to 6 in 2025, including a dedicated Grants & Major Gifts Executive and we are planning further growth in 2026, in particular a new Fundraising Director. Ongoing mitigation includes maintaining adequate free reserves to sustain a shortfall in line with our Reserves Policy, deploying robust budgeting processes, and conducting quarterly financial reviews to track performance.

- Key staff leave or are absent for an extended period

We closely monitor key-person risk, as the loss or extended absence of pivotal staff, most notably the CEO, would have a significant impact on our work. Through consistent contact with the CEO and senior staff, the Board of Trustees ensures that they are effectively supported and empowered to deliver the charity's mission and core services. We hired a Clinical Director in September 2025 to broaden the senior management team, and we plan to strengthen it further in 2026. More generally, the People & Culture Committee continues to prioritise remuneration and staff well-being as part of its ongoing remit.

- Data breach

We proactively manage data breach risks and the associated financial and reputational threats by enforcing strict controls on sensitive personal data and regularly reviewing our data protection policies. The Finance, Risk and Audit Committee provides additional oversight in this area, to provide assurance to the Trustees about the management controls around these risks and we will be engaging with a specialist data protection consultancy in 2026 to audit our policies and processes. Additionally, we hold cyber insurance to provide an extra layer of organisational security.

- Harm to clients

Mitigating the risk of harm to our clients remains our highest priority. To ensure client safety, we maintain robust policies and procedures in safeguarding and whistleblowing, utilise safer recruitment practices, provide mandatory initial and ongoing staff training, and have clear reporting channels. Furthermore, all members of our service team are certified in ASIST (Applied Suicide Intervention Skills Training), equipping them with a comprehensive safety framework to support clients experiencing suicidal thoughts, feelings, or intent.

Safeguarding

Expanding on the point above, the safety, well-being, and protection of our beneficiaries, as well as our staff and volunteers, are paramount. In 2025, we recruited a new Clinical Director, Nicky Hitchcock, who took over as our Designated Safeguarding Lead. She has 18 years of experience leading teams in a clinical setting and oversees all our service delivery.

The Board of Trustees maintains ultimate accountability for safeguarding, regularly reviewing our policies and risk register to ensure our practices remain robust and responsive. During 2025, there were no serious safeguarding incidents reported, nor were any reports or notifications required to be submitted to the Charity Commission. We continue to be deeply committed to fostering a safe, supportive space for everyone who interacts with our charity.

Financial Review

Overview

In 2025 we raised and deployed more funds than ever before, surpassing £1 million in income for the first time. We are deeply proud of this achievement, particularly given the significant headwinds that the charity sector continues to face.

At 31 December 2025, the Charity had total funds of £518,451 (2024: £274,685) of which £74,992 was restricted (2024: £104,395) and £443,459 unrestricted (2024: £170,290).

Income

Our total income in 2025 was £1,404,530, up from £826,288 in 2024, a 70% increase. The growth came from three main areas:

Income from grants was up 47% at £504,416, compared to £343,851 in 2024. We secured a new multi-year commitment of £250,000 from the Lockwood Foundation (£80,000 in 2025 and then £85,000 in 2026 and 2027).

Individual donations were up at £555,625 compared to £367,496 in 2024, a 51% increase. £93,917 of this came from fundraising by the Ash Family who launched their Atlantic Row challenge for us in October, and £98,779 from our fundraising events, including £81,670 at our inaugural Breaking the Ice Ball in November.

Those events also brought an additional £284,697 from trading activity such as table sales, raffle tickets and auction prizes. We made £43,713 from the events we held in 2024, a 551% increase.

Expenditure

Total expenditure increased 53% from £758,074 in 2025 to £1,160,764 in 2025.

Expenditure on charitable activities amounted to £731,431, up from £603,336 in 2024, representing 63% of the total we spent during the year. £530,291 went directly towards the funding of our counselling service and our in-house team providing emotional and practical support to those bereaved by suicide.

We recognise this percentage is lower than previous years, but this is due to the additional costs (£252,447) associated with the fundraising events we held in 2025, most notably the Breaking the Ice Ball in November, an event we plan to hold biannually in the future. While the upfront costs were significant, we view this as a strategic investment in our long-term growth. In addition to the money raised on the night, it successfully introduced several new major donors to the charity, whose ongoing support will help fund our services for years to come.

Factoring in these events, overall fundraising costs in 2025 were £429,333, up from £154,738 in 2024.

Reserves Policy

In setting the Reserves Policy, the Board of Trustees considers the need to provide against any future income shortfall and allow funds to be available to support the development of our services, balanced against its legal duty to spend charitable funds within a reasonable time of receiving them and not to keep funds in excess of requirements.

The Board has set a target range for free reserves at between three and six months of general expenditure. The Board recognises that as the Charity continues to develop its core services, income and expenditure levels are highly variable and hence deviations around the range can occur.

As at 31 December 2025, the Charity had unrestricted reserves of £443,459, equivalent to eight months. Whilst this falls outside the target range, it reflects the fact that a significant proportion of our income came in Q4, primarily from our Breaking the Ice Ball on 27th November. We are projecting this to return to the target range during the course of 2026 as we look to invest more in service delivery.

Investment Policy

Our governing document permits the charity to invest any surplus funds. In line with our investment policy, we seek to maximise the return on our cash while minimising the risk of loss. This means we currently invest in the COIF Charities Deposit Fund managed by CCLA.

During the year, we transferred an additional £50,000 into this fund. As at 31 December 2025, the value of our investment was £157,992.

Going Concern

The trustees have assessed whether the use of the going concern basis is appropriate in preparing these financial statements. In making this assessment, the trustees have considered the charity's current financial position, forecasts and cash flow projections, together with the principal risks and uncertainties facing the charity.

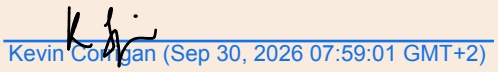
At 31 December 2025, the charity held total funds of £518,451, including unrestricted funds of £443,459 and cash and short-term investments of £471,681. The charity generated a surplus of £243,766 during the year and continued to maintain a diversified funding base comprising grants, individual donations, fundraising events and investment income.

The trustees have reviewed budgets and cash flow forecasts covering a period of at least twelve months from the date of approval of these financial statements. These forecasts demonstrate that the charity is expected to maintain adequate levels of liquidity and reserves to meet its obligations as they fall due.

Whilst recognising the wider economic uncertainties affecting the charitable sector, the trustees consider that the charity has sufficient financial resources, an appropriate reserves position and a diverse range of income streams to continue its activities for the foreseeable future. The trustees have therefore concluded that there are no material uncertainties that cast significant doubt on the charity's ability to continue as a going concern.

Accordingly, the financial statements have been prepared on the going concern basis.

Approved by order of the board of trustees on 25th September 2026 and signed on its behalf by:



Kevin Corrigan
Trustee

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Charity law requires the trustees to prepare financial statements for each financial year. Under that law, the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).

Under charity law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011 and The Charity (Accounts and Reports) Regulations 2008. 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.

Approved by order of the board of trustees on 25th September 2026 and signed on its behalf by:

Kevin Corrigan (Sep 30, 2026 07:59:01 GMT+2)

Kevin Corrigan
Trustee

Report of the Independent Auditors to the Trustees of Suicide&Co

Opinion

We have audited the financial statements of Suicide and Co (the 'charity') for the year ended 31 December 2025 which comprise the Statement of Financial Activities, the Statement of Financial Position, the Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 December 2025 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, 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 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 Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. 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.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees are responsible for the preparation of the financial statements which give a true and fair view, and for such internal control as the trustees 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, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

Our responsibilities for the audit of the financial statements

We have been appointed as auditors under Section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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 a Report of the Independent Auditors 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 (UK) 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.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our work is performed to include an assessment of the susceptibility of the entity's financial statements to material misstatement, including the risk of fraud. Owing to the inherent limitations of an audit, there is an unavoidable risk that material misstatements in the financial statements may not be detected, even though the audit is properly planned and performed in accordance with the ISAs (UK).

In identifying and assessing risk of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We plan our work to gain an understanding of the significant laws and regulations that are of significance to the entity and the sector in which they operate. We perform our work to ensure that the entity is complying with its legal and regulatory framework
- We obtained an understanding of how the company is complying with those legal and regulatory frameworks by making inquiries to the management and people charged with governance.

We assessed the susceptibility of the Company's financial statements to material misstatement, including how fraud might occur. Audit procedures performed by the engagement team included:

- Substantive procedures performed in accordance with the ISAs (UK).
- Challenging assumptions and judgments made by management in its significant accounting estimates.
- Identifying and testing journal entries, in particular material journal entries and an assessment of year end journals.

- Assessing the extent of compliance with the relevant laws and regulations.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charity's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditors' 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 charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.



Paul Colcomb FCCA
Wright Vigar Limited
Statutory Auditors
Chartered Accountants & Business Advisers
15 Newland
Lincoln
Lincolnshire
LN1 1XG

Date: 25th September 2026

Statement of Financial Activities for the Year Ended 31 December 2025

	Note	Unrestricted Fund 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Income from					
Donations and legacies	2	887,976	203,565	1,091,541	772,422
Other trading activities	3	307,426	-	307,426	51,437
Investment income	4	5,563	-	5,563	2,429
Total		**1,200,965**	**203,565**	**1,404,530**	**826,288**
Expenditure on					
Raising funds	5	429,333	-	429,333	154,738
Charitable activities	6				
Charitable activities		505,089	226,342	731,431	603,336
Total		**934,422**	**226,342**	**1,160,764**	**758,074**
Net Income/(Expenditure)		**266,543**	**(22,777)**	**243,766**	**68,214**
Transfers between funds	18	6,626	(6,626)	-	-
Net movement in funds		**273,169**	**(29,403)**	**243,766**	**68,214**
Reconciliation of funds					
Total funds brought forward		170,290	104,395	274,685	206,471
Total funds carried forward		**443,459**	**74,992**	**518,451**	**274,685**

The notes form part of these financial statements.

Statement of Financial Position as at 31 December 2025

	Note	Unrestricted Fund 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Fixed Assets					
Intangible assets	11	44,983	-	44,983	-
Tangible assets	12	31,684	-	31,684	7,272
		76,667	-	76,667	7,272
Current Assets					
Stocks	13	4,207	-	4,207	7,614
Debtors	14	195,202	29,870	225,072	51,286
Investments	15	157,992	-	157,992	102,429
Cash at Bank		238,697	74,992	313,689	156,910
		596,098	104,862	700,960	318,239
Creditors					
Amounts falling due within one year	16	(229,306)	(29,870)	(259,176)	(50,826)
Net Current Assets		**366,792**	**74,992**	**441,784**	**267,413**
Total Assets Less Current Liabilities		**443,459**	**74,992**	**518,451**	**274,685**
Net Assets		**443,459**	**74,992**	**518,451**	**274,685**
Funds	18				
Unrestricted Funds				443,459	170,290
Restricted Funds				74,992	104,395
Total Funds				**518,451**	**274,685**

The notes form part of these financial statements.

The financial statements were approved by the Board of Trustees and authorised for issue on 25th September 2026 and were signed on its behalf by:

Kevin Corrigan (Sep 30, 2026 07:59:01 GMT+2)

Kevin Corrigan
Trustee

Statement of Cash Flows for the Year Ended 31 December 2025

	Note	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	285,857	36,866
Interest paid		-	(14)
Net cash provided by operating activities		**285,857**	**36,852**
Cash flows from investing activities			
Purchase of intangible fixed assets		(47,952)	-
Purchase of tangible fixed assets		(31,126)	(6,022)
Interest received		5,563	2,429
Current asset investments		(55,563)	(102,429)
Net cash used in investing activities		**(129,078)**	**(106,022)**
Change in cash and cash equivalents during the reporting period		**156,779**	**(69,170)**
Cash and cash equivalents at the beginning of the reporting period		**156,910**	**226,080**
Cash and cash equivalents at the end of the reporting period		**313,689**	**156,910**

The notes form part of these financial statements.

Notes to the Statement of Cash Flows for the Year Ended 31 December 2025

1. Reconciliation of net income to net cash flow from operating activities

	2025	2024
	£	£
Net income for the reporting period (as per the SoFA)	243,766	68,214
Adjustments for:		
Depreciation charges	9,683	1,441
Interest received	(5,563)	(2,429)
Interest paid	-	14
Decrease/(increase) in stocks	3,407	(1,819)
Increase in debtors	(173,786)	(35,692)
Increase in creditors	208,350	7,137
Net cash provided by operations	**285,857**	**36,866**

2. Analysis of changes in net funds

	At 01.01.25	Cash flow	At 31.12.25
	£	£	£
Net cash			
Cash at bank	156,910	156,779	313,689
	156,910	156,779	313,689
Liquid resources			
Deposits included in cash	-	-	-
Current asset investments	102,429	55,563	157,992
	102,429	55,563	157,992
Total	**259,339**	**212,342**	**471,681**

Notes to the Financial Statements for the Year Ended 31 December 2025

1. Accounting policies

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt if the amount is known and receipt expected.

The charity recognises donated services and facilities when the benefit to the charity is reasonable quantifiable and measurable. Donated services are included in income at the fair value of the service provided where this can be reliably measured.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Financial instruments

The Charity only enters into basic financial instrument transactions that result in the recognition of financial assets and liabilities like trade and other debtors and creditors, loans from banks and other third parties, loans to related parties and investments in ordinary shares.

Financial assets that are measured at cost and amortised cost are assessed at the end of each reporting period for objective evidence of impairment. If objective evidence of impairment is found, an impairment loss is recognised in the Statement of Financial Activities.

For financial assets measured at cost less impairment, the impairment loss is measured as the difference between an asset's carrying amount and best estimate of the recoverable amount, which is an approximation of the amount that the Charity would receive for the asset if it were to be sold at the balance sheet date.

Intangible assets

Intangible assets are amortised over their estimated useful life of 5 years.

1. Accounting policies - continued

Tangible assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery - 20% on cost
Computer equipment - 20% on reducing balance

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Employee benefits

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

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

Investments

Investments are initially recognised at cost and adjusted to the current market value at the reporting date.

Hire purchase and leasing commitments

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

Commitments under operating leases are disclosed in the notes to the accounts and represent the future minimum lease payments not provided for at the reporting date.

2. Donations and legacies

	2025	2024
	£	£
Donations and gifts	555,625	367,496
Grants	504,416	343,851
Donated services and facilities	31,500	61,075
	1,091,541	**772,422**

3. Other trading activities

	2025	2024
	£	£
Charitable event income	16,997	-
Trading income	5,732	6,482
Services	-	1,242
Fundraising event income	284,697	43,713
	307,426	**51,437**

4. Investment income

	2025	2024
	£	£
Deposit account interest	**5,563**	**2,429**

5. Raising Funds

	2025	2024
Raising donations and Legacies	£	£
Staff costs	117,123	47,642
Other trading activities		
Merchandise costs	4,195	1,599
Fundraising and event costs	308,015	105,497
	312,210	107,096
Aggregate amounts	**429,333**	**154,738**

6. Charitable activities costs

	Direct costs (see note 7)	Support costs (see note 8)	Totals
	£	£	£
Charitable activities	**671,693**	**59,738**	**731,431**

7. Direct costs of charitable activities

	2025	2024
	£	£
Staff costs	295,953	159,496
Insurance, subscriptions and computer costs	42,549	31,831
Service Costs	234,338	204,775
Advertising and marketing	21,068	7,738
Staff training	1,180	-
Other charitable activities	5,975	3,264
Rent	43,969	35,416
Event costs	26,661	37,941
	671,693	**480,461**

8. Support costs

	Management	Finance	Governance	Totals
	£	£	£	£
Charitable activities	**37,926**	**12,812**	**9,000**	**59,738**

Included in accountancy are costs of £3,000 relating to the year end financial statements and £6,000 relating to the audit work.

Support costs, included in the above, are as follows:

	2025 Charitable activities	2024 Total activities
	£	£
Wages	18,740	103,101
Entertainment costs	2,650	2,397
Travel costs	2,301	3,153
Printing and stationery	1,147	1,495
Maintenance and office costs	3,405	295
Amortisation of intangible fixed assets	2,969	-
Depreciation of tangible and heritage assets	6,714	1,442
Bank and merchant charges	12,812	5,938
Interest payable and similar charges	-	14
Auditors' remuneration	6,000	-
Auditors' remuneration for non-audit work	3,000	-
Accountancy	-	5,040
	59,738	**122,875**

9. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31 December 2025 nor for the year ended 31 December 2024.

Trustees' expenses

During the year travel costs amounting to £199 (2024 £345) were reimbursed to a trustee of the Charity to attend Board meetings.

During the year a gift to the value of £49 (2024 £Nil) was provided to one of the trustees.

10. Staff costs

	2025	2024
	£	£
Wages and salaries	**431,816**	**310,239**

	2025	2024
The average monthly number of employees during the year was:	12	8

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2025	2024
£60,001 - £70,000	1	1

Key management personnel's total remuneration for 2025 totalled £147,454.

11. Intangible fixed assets

	Computer software
Cost	**£**
Additions	47,952
Amortisation	
Charge for year	2,969
Net Book Value	
At 31 December 2025	**44,983**
At 31 December 2024	-

12. Tangible fixed assets

	Plant and machinery	Computer equipment	Totals
Cost	**£**	**£**	**£**
At 1 January 2025	-	8,972	8,972
Additions	22,256	8,870	31,126
At 31 December 2025	22,256	17,842	40,098
Depreciation			
At 1 January 2025	-	1,700	1,700
Charge for year	4,430	2,284	6,714
At 31 December 2025	4,430	3,984	8,414
Net Book Value			
At 31 December 2025	**17,826**	**13,858**	**31,684**
At 31 December 2024	-	7,272	7,272

13. Stocks

	2025	2024
	£	**£**
Stocks	**4,207**	**7,614**

14. Debtors: amounts falling due within one year

	2025	2024
	£	**£**
Prepayments and accrued income	**225,072**	**51,286**

15. Current asset investments

	2025	2024
	£	**£**
Other	**157,992**	**102,429**

16. Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	3,736	26,272
Taxation and social security	11,233	6,651
Other creditors	244,207	17,903
	259,176	**50,826**

17. Leasing agreements

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2025	2024
	£	£
Within one year	22,203	22,980
Between one and five years	38,855	63,195
	61,058	**86,175**

18. Movement in funds

	At 01.01.25	Net movement in funds	Transfers between funds	At 31.12.25
	£	£	£	£
Unrestricted funds				
General fund	170,290	266,543	6,626	443,459
Restricted funds				
The Lennox Hannay Charitable Trust	-	2,791	-	2,791
The National Lottery Awards for All	398	(398)	-	-
The Clothworkers' Foundation	1,887	(1,887)	-	-
Fishmongers' Company's Charitable Trust	7,282	1,911	-	9,193
Global's Make Some Noise	7,010	(7,010)	-	-
The Rank Foundation	17,500	-	-	17,500
The Childwick Trust	1,875	(1,875)	-	-
The Ian Mactaggart Trust	45,650	(45,650)	-	-
The Shanly Foundation	1,355	(1,355)	-	-
The Noel Sweeney Foundation	1,935	(1,935)	-	-
The Belstead Ganzoni Charitable Settlement	610	(610)	-	-
David Riddell Memorial CIO	14,580	(14,580)	-	-
The De Brye Charitable Trust	4,313	(4,313)	-	-
The Hunchman Trust	-	20,696	-	20,696
City Bridge Foundation	-	17,100	-	17,100
The Royal Foundation	-	7,712	-	7,712
The Hobsons Charity	-	6,626	(6,626)	-
	104,395	(22,777)	(6,626)	74,992
Total funds	**274,685**	**243,766**	**-**	**518,451**

18. Movement in funds - continued

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	1,200,965	(934,422)	266,543
Restricted funds			
The Lennox Hannay Charitable Trust	24,598	(21,807)	2,791
National Lottery Awards for All	-	(398)	(398)
The Clothworkers' Foundation	-	(1,887)	(1,887)
Fishmongers' Company's Charitable Trust	29,841	(27,930)	1,911
Global's Make Some Noise	-	(7,010)	(7,010)
The Rank Foundation	30,000	(30,000)	-
The Childwick Trust	-	(1,875)	(1,875)
The Ian Mactaggart Trust	-	(45,650)	(45,650)
The Shanly Foundation	-	(1,355)	(1,355)
The Noel Sweeney Foundation	-	(1,935)	(1,935)
The Belstead Ganzoni Charitable Settlement	-	(610)	(610)
David Riddell Memorial CIO	-	(14,580)	(14,580)
The De Brye Charitable Trust	-	(4,313)	(4,313)
Action Funder Ltd	3,000	(3,000)	-
The Hunchman Trust	75,000	(54,304)	20,696
The Lionel Wigram Memorial Trust	5,000	(5,000)	-
City Bridge Foundation	19,500	(2,400)	17,100
The Royal Foundation	10,000	(2,288)	7,712
The Hobsons Charity	6,626	-	6,626
	203,565	(226,342)	(22,777)
Total funds	**1,404,530**	**(1,160,764)**	**243,766**

Comparatives for movement in funds

	At 01.01.24	Net movement in funds	Transfers between funds	At 31.12.24
	£	£	£	£
Unrestricted funds				
General fund	199,912	(34,741)	5,119	170,290
Restricted funds				
The Lennox Hannay Charitable Trust	6,559	(6,559)	-	-
The National Lottery Awards for All	-	399	-	399
The Clothworkers' Foundation	-	7,006	(5,119)	1,887
Fishmongers' Company's Charitable Trust	-	7,282	-	7,282
Global's Make Some Noise	-	7,010	-	7,010
The Rank Foundation	-	17,500	-	17,500
The Childwick Trust	-	1,875	-	1,875

18. Movement in funds - continued

Comparatives for movement in funds - continued

	At 01.01.24	Net movement in funds	Transfers between funds	At 31.12.24
	£	£	£	£
Restricted funds - continued				
The Ian Mactaggart Trust	-	45,650	-	45,650
The Shanly Foundation	-	1,355	-	1,355
The Noel Sweeney Foundation	-	1,935	-	1,935
The Belstead Ganzoni Charitable Settlement	-	610	-	610
David Riddell Memorial CIO	-	14,580	-	14,580
The De Brye Charitable Trust	-	4,312	-	4,312
	6,559	102,955	(5,119)	104,395
Total funds	**206,471**	**68,214**	**-**	**274,685**

Comparative net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	575,387	(610,128)	(34,741)
Restricted funds			
Rethink Mental Illness	8,576	(8,576)	-
The Lennox Hannay Charitable Trust	-	(6,559)	(6,559)
Coral Samuel	3,000	(3,000)	-
National Lottery Awards for All	19,200	(18,801)	399
The Clothworkers' Foundation	15,000	(7,994)	7,006
Fishmongers' Company's Charitable Trust	29,813	(22,531)	7,282
Global's Make Some Noise	60,000	(52,990)	7,010
The Rank Foundation	30,000	(12,500)	17,500
The Childwick Trust	10,000	(8,125)	1,875
The Ian Mactaggart Trust	50,000	(4,350)	45,650
The Shanly Foundation	2,000	(645)	1,355
The Noel Sweeney Foundation	3,000	(1,065)	1,935
The Belstead Ganzoni Charitable Settlement	1,000	(390)	610
David Riddell Memorial CIO	15,000	(420)	14,580
The De Brye Charitable Trust	4,312	-	4,312
	250,901	(147,946)	102,955
Total funds	**826,288**	**(758,074)**	**68,214**

Fund	Purpose
Rethink Mental Illness	The Always in Company project
The Lennox Hannay Charitable Trust	Tech licenses related to service delivery

18. Movement in funds - continued

Fund	Purpose
Coral Samuel Charitable Trust	Counselling
National Lottery Awards for All England	Counselling for men
The Clothworkers' Foundation	IT equipment and acoustic pods
Fishmongers' Company's Charitable Trust	Counselling (Greater London)
Global's Make Some Noise	Counselling
The Rank Foundation	New leadership costs
The Childwick Trust	Counselling (South East England)
The Ian Mactaggart Trust	Counselling
Shanly Foundation	Counselling
The Noel Sweeney Foundation	Counselling (West Midlands, Staffordshire, Shropshire)
The Belstead Ganzoni Charitable Settlement	Counselling
David Riddell Memorial CIO	Counselling
The De Brye Charitable Trust	Counselling
Action Funder	Redevelopment and relaunch of the Suicide&Co app
The Hobson Charity	Acoustic pods
The Hunchman Trust	Redevelopment of Suicide&Co app and Early Bereavement Support
City Bridge Foundation	Counselling (Greater London)
The Royal Foundation	Early Bereavement Support
The Lionel Wigram Memorial Trust	Counselling

Transfers between funds

The transfer between funds relates to a restricted grant for the purpose of buying fixed assets which are unrestricted in their use.

19. Related Party Disclosures

The charity has a CCLA investment account in which Mr K Corrigan is a trustee of the CCLA Charities Deposit Fund, however, despite this, Mr K Corrigan has no control over how the funds are managed and receives no personal benefit from this relationship.

During the year, two of the trustees provided donations to the charity amounting to £472.

Four of the trustees contributed a total of £2,220 to the Charity for fundraising events held by the Charity.

Detailed Statement of Financial Activities for the Year Ended 31 December 2025

Income and endowments

	2025	2024
	£	£
Donations and legacies		
Donations and gifts	555,625	367,496
Grants	504,416	343,851
Donated services and facilities	31,500	61,075
	1,091,541	772,422
Other trading activities		
Charitable event income	16,997	-
Trading income	5,732	6,482
Services	-	1,242
Fundraising event income	284,697	43,713
	307,426	51,437
Investment Income		
Deposit account interest	5,563	2,429
Total incoming resources	**1,404,530**	**826,288**

Expenditure

	2025	2024
	£	£
Raising donations and legacies		
Wages	117,123	47,642
Other trading activities		
Merchandise costs	4,195	1,599
Fundraising and event costs	308,015	105,497
	312,210	107,096
Charitable activities		
Wages	295,953	159,496
Insurance, subscriptions and computer costs	42,549	31,831
Counselling Service costs	234,338	204,775
Advertising and marketing	21,068	7,738
Staff training	1,180	-
Other charitable activities	5,975	3,264
Rent	43,969	35,416
Event costs	26,661	37,941
	671,693	480,461
Support costs		
Management		
- Wages	18,740	103,101
- Entertainment costs	2,650	2,397
- Travel costs	2,301	3,153

Support costs (continued)

	2025 £	2024 £
Management (continued)		
- Printing and stationery	1,147	1,495
- Maintenance and office costs	3,405	295
- Computer software	2,969	-
- Plant and machinery	4,430	-
- Computer equipment	2,284	1,442
	37,926	111,883
Finance		
- Bank and merchant charges	12,812	5,938
- PAYE interest	-	14
	12,812	5,952
Governance		
- Auditors' remuneration	6,000	-
- Auditors' remuneration for non-audit work	3,000	-
- Accountancy	-	5,040
	9,000	5,040
Total resources expended	**1,160,764**	**758,074**
Net Income	**243,766**	**68,214**