

Have you experienced thoughts of suicide?

PEER SUPPORT IS AVAILABLE

in person and online groups for people experiencing suicidal thoughts or feelings
facilitated by people who have been there themselves
available across South Australia

free - anonymous - regular times - no registrations or referrals - no welfare checks



available groups:

In person and online groups are running throughout South Australia. These include open groups as well as groups limited to the LGBTQIA+ community.

Visit www.lelan.org.au/alt2su-groups or scan the attached QR code below. You can email alt2su@lelan.org.au for more information on groups near you.

attending groups:

Alternatives to Suicide (Alt2Su) groups, and Alt2Su inspired groups, offer non-clinical spaces where people can be honest about their distress and experiences related to suicide without the fear of forced treatment, other forms of coercion, or risk assessments that shut down conversations.

There are no forms to fill out and you won't be asked for personal details. Groups start on time and people take turns sharing, asking questions and offering/receiving support. You're not obligated to share if you don't wish to and you don't need to be experiencing a current crisis or in distress to attend.

Groups are facilitated by people with their own lived experience of suicide distress, thoughts and experiences. Newcomers welcome.

Scan for more information



Government of South Australia
Preventive Health SA



In Person Groups

Adelaide CBD Alt2Su

Weekly Wednesday

7 - 8:30 pm

The Box Factory
upstairs in the Regent Room
59 Regent St S
Adelaide SA 5000

Contact: alt2su@lelan.org.au

ARC Alt2Su

Fortnightly Friday

2:30 - 4 pm

ARC
Aspire Recovery Connection
5/32-56 Sir Donald Bradman Dr
Mile End SA 5031

Contact: alt2su@lelan.org.au

Online Groups

LGBTQIA+ Alt2Su

Fortnightly Monday

7 - 8.30 pm

Rainbow community
(LGBTQIA+ facilitators)

Scan QR code for online Zoom link

Contact: alt2su@lelan.org.au

Open South Australia Alt2Su

Fortnightly Monday

7 - 8.30 pm

All welcome
(rural community encouraged)

Scan QR code for online Zoom link

Contact: alt2su@lelan.org.au

LGBTQIA+ Friday Night Alt2Su

Fortnightly Friday

8 - 9:30 pm

Rainbow community
(LGBTQIA+ facilitators)

Scan QR code for online Zoom link

Contact: alt2su@lelan.org.au

Open Friday Night Alt2Su

Fortnightly Friday

8 - 9:30 pm

All welcome
(rural community encouraged)

Scan QR Code for online Zoom link

Contact: alt2su@lelan.org.au

Online Groups: option to dial in via audio to maintain anonymity

Scan for more information



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