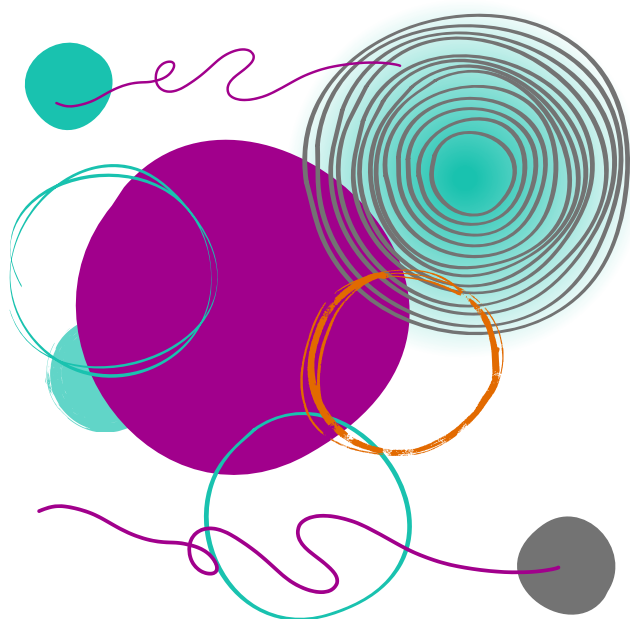


# Have you experienced thoughts of suicide?

## Peer Support is available

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

**free - anonymous - confidential - peer led - community driven**



### available groups:

Join our in-person and online groups, held weekly and fortnightly, across South Australia. We offer open groups, and groups for people with shared experiences or from specific communities

Visit [www.lelan.org.au/alt2su-groups](http://www.lelan.org.au/alt2su-groups) or scan the QR code below.

You can also email [alt2su@lelan.org.au](mailto:alt2su@lelan.org.au) for information on groups near you.

### attending groups:

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

There are no forms to complete, no personal details taken. Group attendees share their thoughts, ask questions and offer and/or receive support. You're not obliged to share if you don't wish. You don't need to be experiencing a current crisis or in distress to attend.

Groups are led by trained facilitators who have their own lived experience of suicide distress, thoughts and experiences.

**Newcomers welcome.**



Government of South Australia  
Preventive Health SA



# In-person Groups

## Adelaide CBD Alt2Su

Weekly Wednesday

7 - 8:30pm

## ARC Alt2Su

Fortnightly Friday

2:30 - 4pm

## The Box Factory

upstairs in the *Regent Room*

59 Regent St South

Adelaide SA 5000

## ARC

*Aspire Recovery Connection*

5/32-56 Sir Donald Bradman Dr

Mile End SA 5031

# Online Groups

## LGBTQIA+ Alt2Su

Fortnightly Monday

7 - 8:30pm

## Open South Australia Alt2Su

Fortnightly Monday

7 - 8:30pm

## Rainbow community

(LGBTQIA+ facilitators)

## All welcome

(rural community encouraged)

Scan QR code for Zoom link

Scan QR code for Zoom link

## LGBTQIA+ Friday Night Alt2Su

Fortnightly Friday

8 - 9:30pm

## Open Friday Night Alt2Su

Fortnightly Friday

8 - 9:30pm

## Rainbow community

(LGBTQIA+ facilitators)

## All welcome

(rural community encouraged)

Scan QR code for Zoom link

Scan QR Code for Zoom link

*Online Alt2Su groups have the option to dial in audio only to maintain anonymity*

Email [alt2su@lelan.org.au](mailto:alt2su@lelan.org.au) with your questions  
or for information on groups near you.

