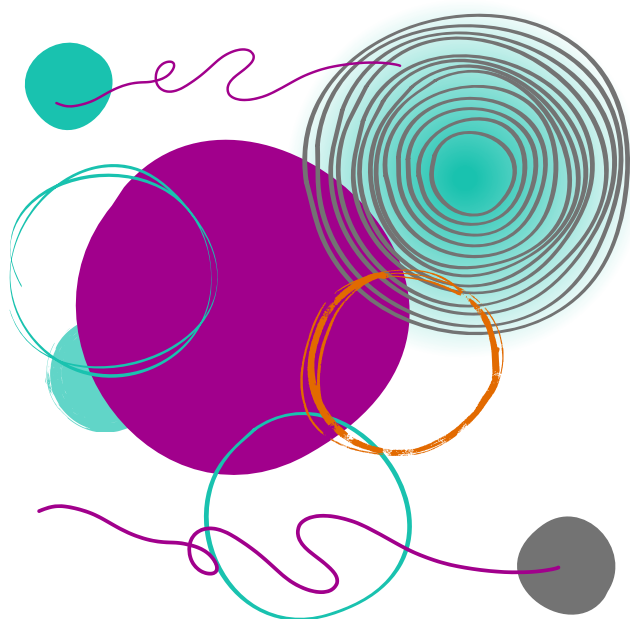


Have you experienced thoughts of suicide?

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 or scan the QR code below.

You can also email 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 Open Alt2Su

Weekly Wednesday

7 - 8:30pm

Minor Works Building

Community Centre

22 Stamford Court

Adelaide SA 5000

Mile End Open Alt2Su

Fortnightly Friday

2:30 - 4pm

ARC

Aspire Recovery Connection

5/32-56 Sir Donald Bradman Dr

Mile End SA 5031

Online Groups

LGBTQIA+ Alt2Su

Fortnightly Monday

7 - 8:30pm

Rainbow community

(LGBTQIA+ facilitators)

Scan QR code for Zoom link

South Australia Open Alt2Su

Fortnightly Monday

7 - 8:30pm

All welcome

(rural community encouraged)

Scan QR code for Zoom link

LGBTQIA+ Friday Night Alt2Su

Fortnightly Friday

8 - 9:30pm

Rainbow community

(LGBTQIA+ facilitators)

Scan QR code for Zoom link

Friday Night Open Alt2Su

Fortnightly Friday

8 - 9:30pm

All welcome

(rural community encouraged)

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 with your questions
or for information on groups near you.

