

Australia-wide Alt2Su Groups Contact Information

Alternatives to Suicide (Alt2Su) is a peer-based response to supporting people who have made suicidal attempts or who have experienced suicidal thoughts. The approach was developed in 2008 by the Western Massachusetts Recovery Learning Community (USA – now called [The Wildflower Alliance](#)). This peer-to-peer practice consists of mutual support groups that provide a space for voicing, sitting with, understanding and moving through suicidal thoughts.

Disclaimer: This list was compiled by the Australian BPD Foundation with available information on 4/10/22. Please check with each organisation for up-to-date information.

NEW SOUTH WALES

What: Alt2Su group (Newtown)

Who: inside out and associates [Alt2Su groups – Alt2Su – NSW](#)

When: Every Tuesday

Time: **NSW, ACT, Vic, Tas (AEST):** 6:00pm to 7:30pm, **SA, NT (ACST):** 6:30pm to 8:00pm, **Qld (AEST):** 6:00pm to 7:30pm, **WA (AWST):** 4:00pm to 5:30pm

Link: Zoom (no password required): <https://us02web.zoom.us/j/86768571420>

Contact: alt2su.nsw@insideoutconversations.com.au or via text: 0423 904 270

Details: People from anywhere in Australia can attend (whilst run over Zoom) Newcomers always welcome. No registration needed.

Supported by: [inside out & associates](#) and [Off The Wall](#) (by NSW Government's funding through the Towards Zero Suicides initiatives.)

What: Alt2Su Women's group

Who: inside out and associates [Alt2Su groups – Alt2Su – NSW](#)

When: Every Wednesday

Time: **NSW, ACT, Vic, Tas (AEST):** 7:00pm to 8:30pm, **SA, NT (ACST):** 6:30pm to 8:00pm, **Qld (AEST):** 7:00pm to 8:30pm, **WA (AWST):** 5:00pm to 6:30pm

Link: Zoom (no password required): <https://us02web.zoom.us/j/85405527792>

Contact: alt2su.nsw@insideoutconversations.com.au or via text: 0423 904 270

Details: This is a group for those with the shared lived experience of womanhood. We welcome all women, including trans women. Non-binary people who have the lived experience of or connection to womanhood are also welcome. People from anywhere in Australia can attend. Newcomers always welcome. No registration needed.

Supported by: [inside out & associates](#) and [Off The Wall](#) (by NSW Government's funding through the Towards Zero Suicides initiatives.)

What: Alt2Su group via Zoom (Sydney)

Who: inside out and associates [Alt2Su groups – Alt2Su – NSW](#)

When: Every Thursday

Time: NSW, ACT, Vic, Tas (AEST): 7:30pm to 9pm, SA, NT (ACST): 7pm to 8:30pm, Qld (AEST): 7:30pm to 9pm, WA (AWST): 5:30pm to 7pm

Link: Zoom (no password required): <https://us02web.zoom.us/j/82189091932>

Contact: alt2su.nsw@insideoutconversations.com.au or via text: 0423 904 270

Details: People from anywhere in Australia can attend. Newcomers always welcome. No registration needed.

Supported by: [inside out & associates](#) and [Off The Wall](#) (by NSW Government's funding through the Towards Zero Suicides initiatives.)

QUEENSLAND

What: Alt2Su group (In-person, Camp Hill)

Who: Brook RED [supporting suicidality | bred](#)

Where: Thrillhouse Tattoo, 559 Old Cleveland Road, Camp Hill.

When: Every Wednesday

Time: 6:30 to 8:00pm

Details: No referrals required, turn up and you will be welcomed.

Please follow the Instagram accounts: @brook.red and @alt2su.bne for regular updates and the promotion of meeting dates and times.

Contact: kateo@brookred.org.au or call (07) 3343 9282.

SOUTH AUSTRALIA

What: Alt2Su group (In-person, Adelaide CBD)

Who: LELAN [Alt2Su | LELAN](#)

When: Every Thursday

Where: The Box Factory, Adelaide

Time: 6 - 7.30pm

Details: [Alt2Su | LELAN](#) No referrals needed.

Contact: info@lelan.org.au

What: Alt2Su LGBTQIA+ group via Zoom

Who: LELAN [Alt2Su | LELAN](#)

When: Wednesday fortnightly (from 7th September 2022)

Link: <https://us02web.zoom.us/j/87308033788>

Time: 7 - 8.30pm

Details: [Alt2Su | LELAN](#) No referrals needed.

Contact: info@lelan.org.au

What: Alt2Su group (In-person, Cummins)

Who: LELAN [Alt2Su](#) | [LELAN](#)

When: Every Thursday

Where: The Village, 48 Rainbow Terrace, Cummins

Time: 6 - 7.30pm

Details: [Alt2Su](#) | [LELAN](#) No referrals needed.

Contact: sean@ourtowncummins.com.au

LELAN NOTES: In October 2022 two more groups will commence: one online (for everyone) and one for young people. There are plans for neurodiverse and CALD Alt2Su groups in the near future.

WESTERN AUSTRALIA

What: Alt2Su Group (Online)

Who: Discharged [Discharged](#)

When: Every 2nd & 4th Sunday

Time: 5.30 - 7pm (AWST)

Details: [Online Alternatives to Suicide Support Group — DISCHARGED Discharged - Home | Facebook](#)

A group for anyone experiencing suicidal thoughts to talk about, vent, sit with, or make sense of suicidal experiences. No referrals needed. New people welcome.

Contact: info@discharged.asn.au for Zoom link.

What: Alt2Su Trans & Gender Diverse group (In-person)

Who: Discharged [Discharged](#)

When: Every Monday

Where: West Leederville

Time: 6 - 7.30pm (AWST)

Details: <https://discharged.asn.au/our-groups> and [Discharged - Home | Facebook](#)

A group for trans, gender diverse and gender questioning people to talk about, vent, sit with, or make sense of suicidal experiences. No referrals needed. New people welcome.

Contact: info@discharged.asn.au for further info.

What: Alt2Su Trans, Gender Diverse & Gender Questioning (Online)

Who: Discharged [Discharged](#)

When: Every Wednesday

Time: 6 - 7.30pm (AWST)/8 - 9.30pm (AEST)

Details: The group is a space for people to talk about, vent, sit with, or make sense of suicidal experiences. Access codes are hidden from public pages to ensure it's safe for trans people to access. Please send us an email to join this group. No referrals needed. New people welcome.

Contact: info@discharged.asn.au for Zoom link and access codes.

DISCHARGED NOTES: Currently our open community groups have taken a break whilst we train new facilitators. They will be back soon so stay tuned. Our trans groups are still operating both online and in-person.

What: Alt2Su group (West Leederville)

Who: Alternatives to Suicide WA Alliance [Alternatives to Suicide | ConnectGroups](#)

When: Wednesday fortnightly

Time: 5.30pm - 7.30pm

Where: PICYS, 22 Blencowe Street, West Leederville

Details: Through Alternatives to Suicide WA Alliance, ConnectGroups in collaboration with PICYS (Perth Inner City Youth Service) expands the Alt2Su framework in WA.

Supported by: Lotterywest grant with the support of the Steering Committee (Recovery Matters, HelpingMinds, CoMHWA, Australian Childhood Foundation and Curtin University).

Contact: PICYS: carolina@connectgroups.org.au or phone: (08) 9364 6909