

Have you ever thought about suicide?

PEER SUPPORT IS AVAILABLE

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

free - anonymous - regular times - no registrations/referral - no welfare checks



what groups are available:

Groups are available in both metro and rural locations across SA as well as online. Some groups are open to anyone and others are specifically for the LGBTQIA+ community and people aged 18-30.

Visit www.lelan.org.au/alt2su or scan the code below to find out when and where groups are running near you. You can also email us at info@lelan.org.au.

what to expect at these groups:

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

There are no forms to fill out and you won't be asked for any of your personal details. Groups start on time and people take turns sharing, asking questions and offering/receiving support. You will not be forced to share if you do not want to and you don't need to be experiencing a current crisis to attend.

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

Scan for more
information

