



Government of
South Australia



human
services

DHS Suicide Prevention Action Plan 2025 to 2028

Tell us what you think

Easy Read



Acknowledgement of Aboriginal People



To **acknowledge** is to show respect.

We acknowledge the Aboriginal and Torres Strait Islander people



- across South Australia,



- across Australia.

They are the traditional owners of



- the land,
- the waters.



We thank the Aboriginal and Torres Strait Islander people who helped us write our plan.

Acknowledgement of Lived Experience

We acknowledge the people in South Australia who have **lived experience** of suicide.

Lived experience is when a person has been affected by suicide



- because of their own experiences,
- because of someone close to them.



We thank the people with lived experience who helped us write our plan.

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How to use this paper



The SA Government Department of Human Services (DHS) wrote this paper.

When you see the words 'we' or 'us', it means DHS.



We wrote this paper in an easy to read way.

Bold
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.



We explain what these words mean.

You can find out what they mean in the Word List.

The Word List is on page 19.



This Easy Read paper is a **summary** of our 'DHS Suicide Prevention Action Plan 2025 to 2028'.

A summary means it only includes the most important ideas.



You can find the other paper on the YourSAy website at yoursay.sa.gov.au/dhssuicidepreventionactionplan



You can ask for help to read this paper.

A friend, family member or support person may be able to help you.

If you feel upset or worried



In this paper we talk about some things that might upset you.



You can talk to someone about how you feel.

You can talk to someone you trust, like a friend, family member or support person.



You can call a **counsellor**.

A counsellor's job is to listen to you and help you talk about your feelings.

Counsellors you can call



You can call these counsellors for free.

- Lifeline,
Call 13 11 14
- Suicide Call Back Service,
Call 1300 659 467
- Beyond Blue,
Call 1300 224 636
- 13YARN,
Call 13 92 76
- Q Life,
Call 1800 184 527

What this paper is about



This paper is about a **draft** plan we wrote.



A draft is a document that is not finished.

Some things in a draft might change later.

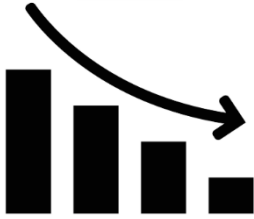


We ask other people to check our draft before we publish it.



Our draft plan is about preventing **suicide**.

Suicide is when a person ends their own life.



We want less people to end their lives by suicide.



We want to help people feel well and supported.

Our draft plan talks about how we will:



- help people directly



- help other organisations that look after people.

Things we will do to help – our actions



In our draft plan we have put some **actions**.

Actions are things we can do to help prevent suicide.

Our main actions are to:



- Find new ways to listen to people who have lived experience.

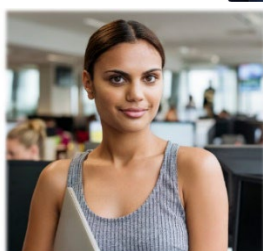


- Check if the people we help feel well and supported.

- Make sure Aboriginal people feel supported when they



- use our services,



- work with us.



- Check if our workers feel well and supported.

- Share ideas about preventing suicide



- with workers in the government,



- with workers in other organisations that look after people.



- Tell our workers how to help someone they are worried about.



- Support our workers if someone dies by suicide.



- Find new ways to help people and communities who might think about suicide.



- Support the people we help if someone dies by suicide.



- **Review** our ideas and actions in 2026.

When you review something, you check to see what



- works well,



- needs to be better.



You can read all the actions at

yoursay.sa.gov.au/dhssuicidepreventionactionplan

Tell us what you think



- Are these the right actions?
- Are there other actions we should do?
- You can tell us your ideas about preventing suicide.
- Is there anything else you want to tell us?

Who we want to hear from

We want to hear from



- people living in South Australia,



- organisations that look after people in South Australia,



- our DHS workers.

How to tell us what you think



You can call us on 8429 7735

You can leave a voicemail on 8429 7735



You can email us at
dhs.socialinclusion@sa.gov.au



You can visit the website at
yoursay.sa.gov.au/dhssuicidepreventionactionplan



Please tell us by 28 April 2025.

You can ask us questions



You can find out more about this paper.



You can call us on 8429 7735



You can email us at
dhs.socialinclusion@sa.gov.au



You can write to

Department of Human Services,
Inclusion, Supports and Safeguarding,
GPO Box 292,
Adelaide, SA 5001.

What happens next



We will think about what you told us.



We will use what you told us to make the draft plan better.



When it is finished, we will tell everyone about the plan.



The new plan will help people in South Australia feel well and supported.

Word list

Acknowledge

To acknowledge is to show respect.

Actions

In our plan, actions are things we can do to help prevent suicide.

Draft

A draft is a document that is not finished. Some things in a draft might change later. We ask other people to check our draft before we publish it.

Counsellor

A counsellor's job is to listen to you and help you talk about your feelings.

Lived experience

In our plan, lived experience is when a person has been affected by suicide.

Review

When you review something, you check to see what

- works well,
- needs to be better.

Suicide

Suicide is when a person ends their own life.

Summary

A summary only includes the most important ideas.

Credits

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Phone 8429 7735

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