



Government of
South Australia

South Australian Suicide Prevention Plan 2027-2032

Consultation Paper

September - October 2026



Shaping the Next South Australian Suicide Prevention Plan

About this consultation

Help shape the next South Australian Suicide Prevention Plan

The South Australian Suicide Prevention Council is developing the **South Australian Suicide Prevention Plan 2027–2032**, which will guide suicide prevention efforts across our state over the next five years.

The proposed direction for the new Plan has been informed by:

- a review of the current **South Australian Suicide Prevention Plan 2023–2026**
- the **National Suicide Prevention Strategy 2025–2035**
- contemporary evidence and emerging best practice
- stakeholder feedback and implementation experience
- current and emerging issues affecting South Australians.

We are now seeking your feedback to help ensure the next Plan reflects the needs, priorities and experiences of the people and communities it is designed to support.

Your feedback will help us understand whether the proposed direction:

- reflects the right priorities for suicide prevention in South Australia
- addresses the issues that matter most to people, families and communities
- identifies any important gaps or emerging issues
- should be strengthened, clarified or given greater focus
- is practical and achievable.

Who can participate?

We welcome feedback from anyone with an interest in suicide prevention, including:

- people with lived and living experience of suicide
- families, carers and support people
- community members
- Aboriginal communities
- culturally and linguistically diverse communities
- service providers and practitioners
- community organisations and peak bodies
- researchers and academics
- government agencies and sector partners.

Whether you have personal experience, professional expertise or a community perspective, your insights are valuable and will help shape the next Plan.

Some sections of this consultation paper provide background information, while others ask for feedback on specific proposals. You are welcome to respond to all questions or only those that are relevant to your experience or expertise.

Why your feedback matters

We cannot develop an effective Plan without hearing from the people and communities it affects.

Your feedback will help ensure the next Plan:

- builds on what has been learned through implementation
- responds to current and emerging challenges
- reflects the best available evidence
- is informed by the experiences, knowledge and expertise of people and communities across South Australia
- supports a coordinated approach to preventing suicide and improving wellbeing.

This consultation is your opportunity to tell us whether the proposed priorities are right for South Australia, what may be missing, and what should be strengthened before the Plan is finalised.

How your feedback will be used

Your feedback will help shape the **South Australian Suicide Prevention Plan 2027–2032**.

We want to ensure the next Plan reflects the needs, experiences and priorities of South Australians and provides a practical roadmap for suicide prevention over the next five years.

Your feedback will help us:

- strengthen the proposed strategic direction and priorities
- identify any important gaps, emerging issues or opportunities that require greater attention
- ensure the Plan is practical, relevant and responsive to the needs of people, families, communities and service providers
- improve the way suicide prevention efforts are coordinated and delivered across South Australia.

Every submission will be carefully considered alongside the best available evidence, lived and living experience, legislative requirements and Government priorities. While we may not be able to incorporate every suggestion, all feedback will play an important role in refining and strengthening the final Plan.

Creating a safe and respectful consultation

We recognise that suicide can be a difficult and deeply personal topic, and that participating in this consultation may bring up strong emotions or difficult memories.

We are committed to creating a consultation process that is **safe, respectful, inclusive and trauma-informed**, where people feel supported to share their experiences and perspectives.

Participation is entirely voluntary. You can choose which questions you would like to answer and stop participating at any time.

Information about support services is provided at the end of this consultation paper for anyone who experiences distress or would like additional support.

Building on what we have learnt

Building on strong foundations

South Australia has made significant progress in strengthening suicide prevention through the collective efforts of communities, people with lived and living experience, service providers, government agencies and many others committed to improving wellbeing across our state.

The current **State Suicide Prevention Plan 2023–2026**, supported by the **Suicide Prevention Act 2021**, has helped create a stronger foundation for suicide prevention by:

- improving coordination across government, communities and the suicide prevention sector
- strengthening accountability and shared responsibility
- increasing collaboration and partnerships
- recognising and valuing the leadership of people with lived and living experience.

As we look ahead, there is an opportunity to build on these achievements and continue improving South Australia's approach to suicide prevention through the next **South Australian Suicide Prevention Plan 2027–2032**.

What we learned

South Australia has built strong foundations for suicide prevention through the current State Suicide Prevention Plan, the Suicide Prevention Act 2021, community-led initiatives, Suicide Prevention Networks and the leadership of people with lived and living experience.

At the same time, feedback highlighted opportunities to strengthen the next Plan.

People told us there is an opportunity to:

- place greater emphasis on prevention, wellbeing and early intervention
- strengthen equity and access
- increase community and lived-experience leadership
- improve accountability and transparency
- better address the social and economic factors that influence distress and suicide risk.

People also told us they would like the next Plan to be easier to understand, clearer about priorities, and more transparent about how progress will be measured and reported.

How we have developed the proposed direction

The proposed direction for the **South Australian Suicide Prevention Plan 2027–2032** has been informed by:

- a review of the current Plan
- feedback from stakeholders and communities
- lived and living experience
- current evidence and research
- national policy developments.

This included input from prescribed State authorities, Suicide Prevention Networks, Suicide Prevention Collaboratives, members of the Suicide Prevention Council, the Chief Psychiatrist, the Chief Public Health Officer, people with lived and living experience, and other key stakeholders.

Together, this feedback, current evidence and national priorities have helped shape the proposed direction of the next Plan.

A Plan aligned with national priorities

The next Plan will align with national approaches to suicide prevention and reflect the latest evidence about what works. This includes:

- the **National Suicide Prevention Strategy 2025–2035**

- the **National Suicide Prevention Outcomes Framework**, which supports clearer monitoring and reporting
- the **National Aboriginal and Torres Strait Islander Suicide Prevention Strategy 2025–2035**.

Together, these national strategies support a stronger focus on prevention, wellbeing, lived and living experience, Aboriginal leadership, equity, accountability and continuous improvement.

The Plan will also continue to meet the requirements of the **Suicide Prevention Act 2021**, including legislative obligations relating to consultation, monitoring and reporting.

Where we are heading

Building on what we've learned, the **South Australian Suicide Prevention Plan 2027–2032** will place greater emphasis on prevention, equity, collaboration and accountability.

Taken together, the feedback we received points to a stronger focus on preventing distress early, supporting people when they need help, reducing inequities, strengthening community leadership and improving accountability.

The proposed direction aligns with national priorities for suicide prevention, including a stronger focus on preventing distress early, providing compassionate support when people need it, and strengthening the systems that support suicide prevention.

The next Plan is expected to focus on five key areas:

- **Strengthening prevention and wellbeing**
Supporting people's wellbeing and reducing distress before it escalates by addressing the factors that influence mental health, including the broader social and economic conditions that affect people's lives.
- **Providing support when people need it**
Improving access to timely, compassionate and coordinated support, while strengthening connections between services, communities and individuals.
- **Embedding equity and inclusion**
Ensuring the needs of people and communities who experience greater risk or face barriers to accessing support are recognised and addressed throughout the Plan.
- **Supporting community and lived experience leadership**
Building on the strengths of community-led action and strengthening the role of people with lived and living experience in shaping, delivering and evaluating suicide prevention initiatives.

- **Strengthening coordination and accountability**
Improving collaboration across government, services and communities through clearer roles, stronger partnerships, better use of data and transparent reporting of outcomes.

Proposed directions for the next Plan

The proposed directions in the following section bring together what we heard, current evidence, national priorities and legislative requirements.

They represent the proposed priorities for the **South Australian Suicide Prevention Plan 2027–2032**.

We would like your feedback on whether these directions:

- reflect the right priorities for South Australia
- respond to the needs of people, families and communities
- identify the areas where the greatest difference can be made
- should be strengthened, clarified or refined before the Plan is finalised.

Any final comment you would like to make on the 2023-2026 Plan can also be made, contributing to the review and the future approach.

Your feedback will help ensure the next Plan reflects the experiences, priorities and aspirations of South Australians.

Prevention and Wellbeing

Suicide prevention should address the factors that shape wellbeing and distress

What we heard: People highlighted the importance of addressing factors that can contribute to distress, including housing insecurity, cost-of-living pressures, trauma, discrimination, social isolation, climate-related distress and barriers to accessing support. These issues reflect broader social determinants of health and influence people's ability to stay safe, connected and well.

Proposed direction for the next Plan: Place greater emphasis on prevention, wellbeing and the social and economic conditions that affect people's lives. This includes safe and secure communities, economic participation, connection and inclusion, health and wellbeing, and support through major life transitions.

Mental wellbeing is a critical part of suicide prevention

What we heard: People consistently highlighted the importance of helping people stay well, connected, safe, valued and supported before they reach crisis point.

Many described mental wellbeing as a fundamental part of suicide prevention rather than something separate from it.

Proposed direction for the new Plan: Apply a stronger wellbeing and prevention focus, recognising that promoting mental wellbeing is an important part of reducing suicide-related distress and supporting people to thrive.

Major life transitions matter

What we heard: People highlighted that major life changes can increase distress, especially when people lose connection, stability or support. Examples included leaving care, moving from the justice system back into the community, bereavement, relationship breakdown, leaving the armed services and other significant life transitions.

Proposed direction for the next Plan: Provide better support during major life transitions, with a focus on maintaining connection, stability and access to help when people need it.

Communities and Participation

Communities want local, community-led approaches

What we heard: People told us that suicide prevention works best when communities, services and government work together in trusted and genuine ways. Many also highlighted concerns about the sustainability of community-led efforts, which often rely on a small number of volunteers, local leaders and people with lived and living experience.

Proposed direction for the next Plan: Strengthen community leadership, compassionate communities, peer support and community healing, while better supporting local action so it can be sustained over time.

People want support that feels human, welcoming and connected

What we heard: People said support works best when it feels human, welcoming and connected. They highlighted the importance of places and opportunities where people can talk, connect and seek help early.

Proposed direction for the next Plan: Strengthen connection, inclusion, peer support and compassionate communities so people feel supported, valued and able to seek help early.

Lived and living experience should remain central

What we heard: People described lived and living experience as one of the greatest strengths of the current approach and highlighted the need to better support people who contribute their expertise. Participants emphasised the importance of recognising the skill, expertise and emotional impact involved in this work, and the need to provide support and create safe, sustainable conditions for this work.

Proposed direction for the next Plan: Strengthen lived-experience leadership and participation, with practical support such as wellbeing support, supervision and peer connection.

Suicide prevention is a shared responsibility

What we heard: People consistently emphasised that suicide prevention is not solely the responsibility of mental health and crisis services. Families, carers, communities, schools, workplaces, volunteers, community organisations and governments all have a role to play in supporting wellbeing and responding to distress.

Proposed direction for the next Plan: Strengthen compassionate communities, connection and inclusion, peer support, community healing and collective action across government, services and communities. This includes reducing stigma, building community understanding, supporting peer responses, and helping people recognise distress and respond safely.

Equity and Inclusion

Aboriginal leadership and culturally safe approaches are essential

What we heard: Aboriginal stakeholders emphasised that suicide prevention should be grounded in culture, healing, relationships and community leadership, with social and emotional wellbeing at the centre. Participants highlighted the importance of culturally safe approaches shaped by communities themselves.

Proposed direction for the next Plan: Strengthen the focus on Aboriginal leadership, self-determination and culturally safe approaches, recognising the importance of community-led responses and social and emotional wellbeing.

Some populations need stronger focus

What we heard: People emphasised that suicide risk and suicide-related distress are not experienced equally. Some individuals and communities face greater exposure to trauma, discrimination, disadvantage, service gaps and other pressures that can affect wellbeing and access to support. Emerging evidence

also points to some groups and settings where distress and suicide risk are becoming more visible or more intense over time.

Proposed direction for the next Plan: Place stronger focus on people and communities who may face greater barriers to safety, support and wellbeing. This includes Aboriginal and Torres Strait Islander peoples, children and young people, men, LGBTIQ+ communities, rural and remote communities, culturally and linguistically diverse communities, people with disability, people affected by trauma and adversity, and people who have had contact with the justice system. The Plan should also recognise people with lived and living experience, people bereaved by suicide, and people experiencing multiple forms of disadvantage.

Strengthening the Suicide Prevention System

Suicide prevention requires action across many sectors

What we heard: Stakeholders emphasised that many of the factors that contribute to distress sit outside the mental health system. They highlighted the importance of stronger partnerships with housing, employment, education, justice and community sectors, and the need for services and systems to better respond to the social and economic factors that affect wellbeing.

Proposed direction for the next Plan: Encourage more coordinated action across sectors, recognising that suicide prevention is supported by mental health and crisis services as well as housing stability, social connection, education, employment and community wellbeing.

A stronger suicide prevention system is needed

What we heard: People identified gaps in coordination, workforce capability, cultural safety, data, evaluation and support for community-led action. They also highlighted that access to skills, resources and support varies across communities and regions.

Proposed direction for the next Plan: Strengthen the foundations for effective suicide prevention, including leadership, Aboriginal leadership, lived-experience leadership, workforce development, data, learning and continuous improvement.

The system should support people across the whole continuum

What we heard: People emphasised the importance of support before distress escalates, during times of crisis, and after a suicidal crisis has occurred. They highlighted the need for recovery, healing and ongoing support.

Proposed direction for the next Plan: Provide a clearer pathway from wellbeing and early prevention through to distress, crisis response, aftercare, recovery and

healing, helping to create a more connected and person-centred suicide prevention system.

Stronger accountability and transparency are needed

What we heard: People want clearer reporting on progress, better information about what is changing, and greater visibility of how feedback leads to action.

Proposed direction for the next Plan: Strengthen accountability and transparency by improving reporting, tracking outcomes, monitoring equity and supporting shared responsibility across government, services and communities.

Have your say

We'd like to hear your views on the proposed direction of the **South Australian Suicide Prevention Plan 2027–2032**.

Your feedback will help us understand whether the proposed direction reflects the needs, priorities and experiences of South Australians.

As you read through this consultation paper, we invite you to consider:

- Does the proposed direction reflect the right priorities for suicide prevention in South Australia?
- Are there any important issues, communities or emerging challenges that have not been addressed?
- Are there areas that should be strengthened, clarified or given greater focus?
- Is the proposed approach practical, achievable and capable of making a meaningful difference?
- Is there final feedback you would like to provide on the 2023-2026 Suicide Prevention Plan that could inform the future approach?

You are welcome to respond to every section of the consultation or only those that are most relevant to your knowledge, experience or interests.

Every contribution is valued and will help shape the next South Australian Suicide Prevention Plan.

How to share your feedback

The easiest way to provide your feedback is by completing the online consultation survey through **YourSAy**.

Complete the survey:

<https://yoursay.sa.gov.au/public-consultation-south-australian-suicide-prevention-plan>

Consultation closing date: 16 October 2026

In addition to the online survey, you may also have the opportunity to participate in other consultation activities, including workshops, discussion forums or targeted stakeholder sessions.

We encourage you to have your say and help shape the future of suicide prevention in South Australia.

What happens next?

Once the consultation closes, we will carefully review all feedback received.

Your feedback will be considered alongside:

- findings from the review of the current Plan
- contemporary evidence and research
- lived and living experience
- legislative requirements
- national strategies and Government priorities.

The consultation findings will be used to strengthen and refine the proposed direction before a draft **South Australian Suicide Prevention Plan 2027–2032** is prepared.

There will be a further opportunity to provide feedback on the draft Plan before it is finalised.

We will also publish a summary of the consultation findings so participants can see how feedback has helped inform the development of the final Plan.

Emergency contacts

If you or someone else is in immediate danger, or there is a life-threatening emergency, call **Triple Zero (000)** and ask for police, fire or ambulance.

If you need urgent support with distress or suicidal thoughts, you can contact:	<p>Lifeline: 13 11 14 – 24/7 crisis support and suicide prevention.</p> <p>Suicide Call Back Service: 1300 659 467 – 24/7 telephone and online counselling.</p> <p>Beyond Blue: 1300 22 4636 – mental health support and information.</p>
Aboriginal and Torres Strait Islander-specific supports:	<p>13YARN: 13 92 76 – a 24/7 crisis support line where you can talk with an Aboriginal or Torres Strait Islander crisis supporter in a culturally safe way.</p>
Support for veterans and their families:	<p>Open Arms – Veterans & Families Counselling: 1800 011 046 – free and confidential 24/7 counselling and support for current and ex-serving ADF members and their families.</p> <p>Safe Zone Support: 1800 142 072 – 24/7 anonymous counselling for current and ex-serving ADF personnel and their families.</p>
Support for children, young people and families:	<p>Kids Helpline: 1800 55 1800 – 24/7 counselling for children and young people up to age 25.</p> <p>1800RESPECT: 1800 737 732 – 24/7 national counselling and support for people affected by domestic, family and sexual violence.</p>
LGBTIQA+ and South Australian mental health supports:	<p>QLife: 1800 184 527 – anonymous LGBTIQA+ peer support and referral by phone or webchat, 3 pm to midnight every day.</p> <p>SA Health Mental Health Triage: 13 14 65 – 24/7 telephone triage service for mental health crises and emergencies, and the main point of access to public mental health services in South Australia.</p>