



Government of
South Australia



human
services

DHS Suicide Prevention Action Plan 2025 to 2028

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.



Aboriginal and Torres Strait Islander people are working to prevent suicide.

We will work with them.



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 21.



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 our website at
www.dhs.sa.gov.au/suicideprevention



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.

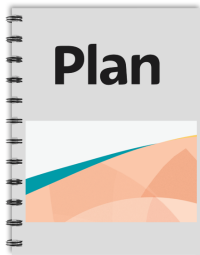
Counsellors you can call



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

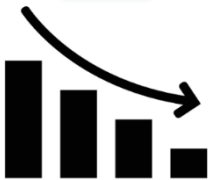


This paper is about a plan we wrote.



Our 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 plan talks about how we will help:



- people in the community who use our services



- our DHS workers



- other organisations that look after people.



Our plan works with the State Plan.



The State Plan is for everyone in South Australia.

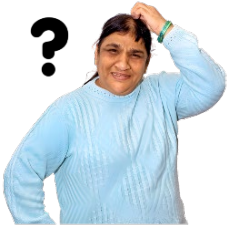
It is called ‘the South Australian Suicide Prevention Plan 2023 to 2026’.



You can find the State Plan at

www.preventivehealth.sa.gov.au/suicideprevention

How we made the plan



We wanted to know what to put in the plan.

We asked

- people living in South Australia,
- our DHS workers,
- organisations that look after people.



A lot of people told us the things that are important to them.



We put these things in the plan.

Priority groups

In our plan we talk about **priority groups**.

Priority groups are people who need extra support.

We have 14 priority groups.

They are:



- Aboriginal people,



- men,



- LGBTIQ+ people,



- people living in the country,



- people living with disability or neurodivergence,



- migrants who have moved to Australia,



- first responders,



- people involved with the youth justice system,



- military veterans,



- children or young people,



- people living with tough experiences from early life,



- people who have lost someone to suicide,



- people who have thought about suicide,



- people in more than 1 of these groups.



We will think about how we can support these groups.



We give services to people who are not in these groups.

We will support these people as well.

Things we will do to help – our actions



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

Actions are things we can do to help prevent suicide.



Our actions are in groups called **strategies**.

A strategy tells us how we will reach an important goal.

There are 5 strategies.

Strategy 1 – Partner



This strategy is about how we will work with others.

For example, we will get advice from:

- leading groups
- services we fund
- other people with experience.

We will look for ways to work together on projects that help prevent suicide.

Strategy 2 – Respect



This strategy is about the experiences of Aboriginal people.

For example, we will make a plan for how we get advice from Aboriginal people about preventing suicide.

Strategy 3 – Prevent



This strategy is about safe communities.

For example, we will look at how we can

- support priority groups to be well,
- find ways to make our support even stronger to help prevent suicide.

Strategy 4 – Respond



This strategy is about helping at the right way at the right time.

For example, we will check and improve our rules and guides.

This will help our DHS workers know what to do if someone using a DHS service is at risk of suicide.

Strategy 5 – Review

This strategy is about how we use ideas that are proven to work.

For example, we collect information.

We will study our information and use it to

- help support priority groups,
- look for new groups that could be struggling or at risk of suicide.



You can read all the actions at

www.dhs.sa.gov.au/suicideprevention

What happens next



In 2025 and 2026 we will use our plan to



- support people who use our services,



- support our DHS workers,



- work with government and community groups,



- work with people with lived experience and other people affected by suicide.



We will include suicide prevention in other DHS plans and actions.



In 2027 we will **review** our plan.

When you review something, you check to see what



- works well,
- needs to be better.



We will share an updated plan on the DHS website.

Contact us



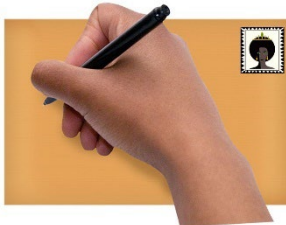
You can find out more about our plan.



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,
Social Policy, Evaluation and Reform,
GPO Box 292,
Adelaide SA 5001.

Word list

Acknowledge

To acknowledge is to show respect.

Actions

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

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.

Priority groups

Priority groups are people who need extra support.

Review

When you review something, you check to see what

- works well,
- needs to be better.

Strategies

A strategy tells us how we will reach an important goal.

Suicide

Suicide is when a person ends their own life.

Summary

A summary only includes the most important ideas.

Credits

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Version: June 2025