

September 2026

Suicide Prevention Council Communiqué

Suicide Prevention Community Workshop – Fleurieu Region

On Monday, 14 September 2026, members of the South Australian Suicide Prevention Council (the Council) met with community organisations, service providers, local government representatives and community leaders at the Victor Harbor Convention Centre to discuss factors influencing mental health, wellbeing and suicide prevention across the Fleurieu region.

Discussions focused on three key topics nominated by the local community:

- Strengthening community-led suicide prevention and early intervention;
- Social isolation, transport and access to support; and
- Cost of living pressures and financial stress.

Participants reflected on successful local initiatives, highlighted barriers affecting individuals and communities, identified practical actions to strengthen support and resilience across the region, and opportunities to improve coordination and collaboration across the service system.

An opportunity was also provided to consult on the development of the next South Australian Suicide Prevention Plan (2027-2032). Feedback will inform Council's advice to Government to ensure the Plan reflects the experiences, priorities and aspirations of people living and working in regional South Australia.

What we heard

Throughout the day, participants explored issues relating to suicide prevention, social connection, service access and wellbeing across the Fleurieu region. While discussions covered a broad range of topics, several consistent themes emerged.

Strengthening Prevention and Closing the 'Missing Middle'

Participants discussed the challenges faced by people who can struggle to access appropriate support when their needs do not fit existing service pathways. While crisis services remain important, there was strong support for strengthening prevention, early intervention and community-based supports to help people access assistance earlier and before issues escalate.

What matters most?

- Accessible person-centered early intervention services.
- Greater support for people experiencing distress whose needs fall between existing service thresholds, with services working together to ensure people can access the right support at the right time through a 'no wrong door' approach.
- Greater availability of peer-led and community-based support programs.

What is working?

- Existing peer networks and local suicide prevention initiatives.
- Strong community leadership through sporting clubs, schools, churches and community organisations.
- Organisations working collaboratively through co-location and informal partnerships.



Opportunities for Collective Action

- Explore the expansion of community suicide prevention and gatekeeper training to build local confidence and capability.
- Increase investment in early intervention and peer-led supports.
- Strengthen collaboration through formal referral pathways, information-sharing agreements and coordinated service planning.

Building Connected Communities Through Better Access and Navigation

Participants consistently identified transport, service navigation and social isolation as major barriers to wellbeing. The size and geography of the Fleurieu region can make it difficult for people to access support, maintain social connections and understand where to seek help.

What matters most?

- Reliable and affordable transport options.
- Clear pathways into services and support.

What is working?

- Strong local community networks, sporting clubs, libraries, schools and community hubs.
- Emerging models that connect people with services through outreach and community-based programs.

Opportunities for Collective Action

- Explore options for a regional community transport network, including a transport "loop" across towns and services.
- Develop a centralised "one front door" approach to service information, navigation and referral.
- Expand outreach and connector roles that help people identify and access the most appropriate support.

Addressing Housing, Financial Stress and Social Determinants of Health

Housing affordability, rental availability and increasing cost-of-living pressures were identified as some of the most significant challenges facing the community. Participants noted that financial stress and housing insecurity can have a profound impact on mental health, social connection and overall wellbeing.

What matters most?

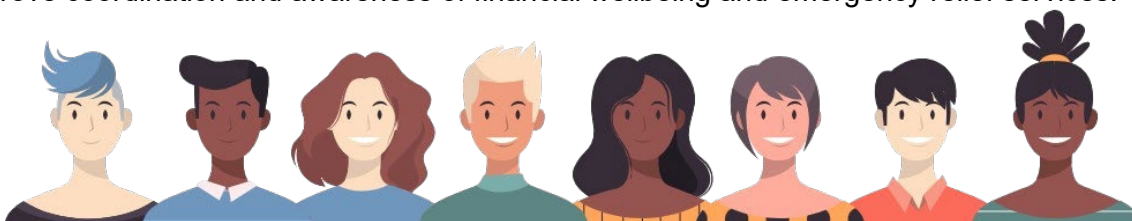
- Safe, affordable and stable housing.
- Practical support for people experiencing financial hardship.
- Reducing stigma associated with seeking help.

What is working?

- Community organisations providing emergency relief and wellbeing support.
- Place-based initiatives that combine practical assistance with opportunities for social connection.
- Growing recognition of housing and financial wellbeing as important components of suicide prevention.

Opportunities for Collective Action

- Increase access to affordable housing, tenancy sustainment and housing support services.
- Improve coordination and awareness of financial wellbeing and emergency relief services.



Cross-Cutting Insights

Across all discussions, participants emphasised that:

- Community connection is a critical protective factor in suicide prevention.
- Housing, transport and financial wellbeing are increasingly linked to mental health outcomes.
- People often struggle to navigate a complex and fragmented service system.
- Sustainable collaboration should be supported by formal partnerships rather than relying solely on individual relationships.
- Suicide prevention efforts are most effective when communities, services and government work together.
- Encouraging help-seeking through service descriptions and pathways that are welcoming and accessible to people experiencing a range of life challenges, not only those who identify as being in crisis.

Participants recognised the culture of collaboration already present across the Fleurieu region and identified opportunities to strengthen partnerships through formal referral pathways, information-sharing arrangements, coordinated planning mechanisms and a shared approach to service navigation. There was strong support for improving coordination while maintaining a focus on community-led responses. There was recognition that long-term change will depend on collective action rather than the efforts of any single agency or organisation.

An overarching message from the workshop was that suicide prevention is not just a health issue but a liveability issue. Participants highlighted the interconnected role of housing, transport, financial wellbeing, social connection and service access in creating communities that support mental health and wellbeing.

Our Commitment and Appreciation

The Council thanks the organisations and representatives who participated, including local government, health, education, community services, emergency services and suicide prevention organisations from across the Fleurieu region. Your leadership and commitment are vital to building safer, more connected communities.

In response to the themes raised, the Council will use the insights gathered to inform ongoing advice to Government and the development of the South Australian Suicide Prevention Plan (2027–2032). The Council remains committed to listening to communities, advocating for system improvements and supporting locally driven suicide prevention efforts.

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Ms. Erin Thompson MP
Presiding Member, Suicide Prevention Council

For further information or to stay informed about future consultations, please contact the [South Australian Suicide Prevention Council](#).

