

Best Suicide Prevention & Bereavement Support Organisation 2026

The loss of a child to suicide is an unimaginable pain for any parent. For Lidia and Michael Di Lembo, that loss became a catalyst for change. Following the death of their daughter Sabrina in August 2017, they established SabrinasReach4Life (SR4L), a purpose-driven organisation supporting those bereaved by suicide and advocating for better systems of care. Today, SR4L has evolved into a recognised leader in lived-experience-led support, delivering programs, events, and community initiatives that are making a measurable difference across the Northern Territory and beyond. Below, we take a closer look at this remarkable and potentially life-saving work.

Shortly after her 19th birthday in May 2017, warm, intelligent, and loved Sabrina Josephine Di Lembo started suffering from anxiety due to an inability to focus on her studies. A second-year law student on two prestigious scholarships, Sabrina was committed to excel academically and become a lawyer. Sabrina had always been driven to succeed. As her mental health declined, she withdrew from friends and daily life, unable to understand what was happening to her.

After receiving a sub-therapeutic dose of anti-depressants, reflective of the inadequate care she was provided across the 17 occasions she had seen or spoken over the phone to medical professionals in the last nine weeks of her life (in addition to the more than 20 interactions her mother had with medical providers), Sabrina tragically took her own life on August 7th, 2017, the same day she was set to attend the Darwin Cup with her friends.



Her parents, Lidia and Michael, channelled their grief into an outlet to help and support others facing similar situations, the goal being to provide a network to parents or others dealing with bereavement whilst also advocating for better mental health support to be provided to those in need when they need it, right across Australia. The approach they take comes exclusively from their lived experience and a place of peer support.

“keeping health in mind – it’s everyone’s business.”

Since its early beginnings, SR4L has grown into a vital part of the suicide prevention and postvention landscape. What started with community awareness initiatives such as Sabrina’s Ride4Life has evolved into a multifaceted organisation delivering peer-led support, advocacy, and sector collaboration. The initial campaign revolved around a 100km per day bike ride from Adelaide to Darwin, the aim being to raise \$100,000 for the non-profit mental health organisation, the Black Dog Institute.

Today, SR4L facilitates monthly bereavement support groups, one on one support sessions, providing a safe and compassionate space for those navigating suicide loss. Its structured eight-week “Support After Suicide” program has been delivered multiple times, offering participants guidance, connection, and tools for healing.

Lidia Di Lembo as Co-Founder and Chairperson of SR4L is

also the driving force behind the Northern Territory’s annual World Suicide Prevention Day (WSPD) Forum, which started in 2019 as a breakfast seminar. This signature event attended in 2025 by 180 people, brings together lived experience voices, first responders, service providers, and government leaders. The Forum has become a key platform for collaboration, awareness, and system improvement, with strong and growing attendance each year.

In recognition of its impact, SR4L was recently awarded the Suicide Prevention Australia Life Award for Outstanding Contribution – Organisation in NT, with its Founder and Chair, Lidia Di Lembo, also receiving the Outstanding Contribution in NT – Individual Award. These acknowledgements reflect the organisation’s commitment to bridging lived experience with policy, practice, and community action.

Beyond programs and events, SR4L continues to invest in long-term change. The Sabrina Di Lembo Memorial Scholarship at Charles Darwin University supports future mental health professionals, while partnerships across the sector strengthen referral pathways and improve access to support for those who need it most.

At its core, SR4L remains grounded in the same mission: to ensure no one faces suicide loss alone, to advocate for better systems, and to create a more compassionate and responsive community.

Across all of this, the aims of this non-profit organisation

remain unchanged: to offer a safe, peer-led environment for those impacted by suicide or suicidal distress, building capacity when it comes to suicide prevention activities; provide a referral service for those who need it in a way that is responsive and respectful; collaborate and establish links with like-minded organisations; advocate for systematic change, as responsiveness and better access to services are a must; and to raise public awareness about mental health and suicide.

To support the great work that Sabrina’s Reach4Life is doing across Australia, Lidia has even created a line of bracelets designed to reflect her late daughter’s taste in jewellery. Crafted locally and made with the likes of sandalwood, pearls, rose quartz, and black onyx – alongside custom glass teal beads to mark Sabrina’s favourite colour – every bracelet has been named according to the organisation’s values, and with the profits made being reinvested into the organisation to fund its work, they are a fantastic buy.

Whether to view this collection of bracelets, donate, become a member, or simply to find ways to get involved with an organisation that is selflessly trying to change the world for the better, visit Sabrina’s Reach4Life at its website, the link to which is below.

Get involved
Support, donate or learn more:

<https://sabrinasreach4life.com.au/>