

A guide for individuals working with people at risk of self-harm and suicide

Questions to use to assess level of risk and to help decide where to refer

- Are there recent crises or stresses?
- Is despair/hopelessness being expressed by the person?
- Is the person receiving treatment for mental illness/emotional problem?
- Is there abuse of drugs or alcohol?

- Is there a family history of suicide?
- Have there been past suicide attempts?
- Are they thinking about suicide?
- Have they a suicide plan?
- Do they have access to means (e.g. gun)?
- What protective factors do they have?

Medium to High Risk

- * Multiple risk factors present (consider answers to the above questions)
- * Active suicidal thoughts present

Low Risk

Low Risk DOES NOT MEAN No Risk

Agreeable to a referral at next possible time

REFER TO -

Integrated Mental Health 24/7
4226 3100

After hours, call
1300 642 255

Child and Youth Mental Health (under 18)

Weekdays:
8.00am-4.30pm
4226 5280

Other times as per IMH

Client's private practitioner if applicable

PEOPLE RARELY SUICIDE IN COMPANY – ORGANISE SUPPORT AND SERVICES

In an emergency

Emergency – Ambulance/Fire/Police.....000

Ambulance – Non-emergency.....131 233

Cairns Hospital.....4226 0000

Policelink131 444

Mobile phones with no coverage.....112

When making a referral, the following should be said:

“Hello, I’m from I have a person with me who is at HIGH RISK OF SUICIDE.”

Flowchart developed by – FNQ Suicide Prevention Taskforce
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Other options for referral & assistance

Apunipima Cape York Health Council.....4037 7100
ATODS.....4226 3900
Cairns Homelessness Services Hub.....4046 8050
Cairns Private Hospital.....4052 5200
Cairns Regional Domestic Violence Serv.....4033 6100
Centacare.....4044 0130
Child Safety FNQ Regional Intake Serv (9-5 M-F)...1300 684 062
Community Health Centres -
Cairns (mothers & babies only).....4226 4333
Smithfield.....4226 4800
Edmonton.....4226 4900
Commonwealth Respite/Carelink Centre.....1800 052 222
Dads in Distress.....1300 853 437
DV Connect Mensline (9am-midnight – 7 days)..1800 600 636
Elder Abuse Helpline (9am-5pm M-F).....1300 651 192
headspace (Cairns).[12-25yrs].....4041 3780

Ozcare Community Care Cairns.....1800 692 273
Parents Beyond Breakup (8.30am-5.00pm).....6652 8113
Parent Line (8am-10pm 7 days).....1300 30 1300
Pregnancy Counselling Link.....1800 777 690
Qld Aids Council.....1800 177 434
Qlife Helpline (3.00pm-midnight M-F).....1800 184 527
Relationships Australia (8.30am-4.30pm).....1300 364 277
School Guidance Officers and Nurses.....contact schools
Sexual Assault Helpline.(7.30am-11.30pm 7 days).....1800 010 120
Uniting Care.....1300 096 203
National Debt Helpline (9.30am-4.30pm M-F)....1800 007 007
Wuchopperen Health Service.....4080 1000
YETI.....4051 4927
YouthLink.....4031 6179

24 hour referral services:

13Health.....1343 2584
Alcoholics Anonymous.....1300 222 222
Alcohol & Drug Information Serv.....1800 177 833
ARAFMI Ltd (Mental Health Carers).....1300 554 660
beyondblue Supportline.....1300 224 636
Cairns Crisis Intervention/Service Access/
Referral/Community Mental Health.....1300 642 255
Child Safety Services.....1800 177 135
Christian Channel Careline Team.....1300 302 170
Family Drug Support.....1300 368 186
Gambling Helpline Uniting Care.....1800 858 858
headspace (9:00am-1:00am).....1800 650 890
Kids Helpline.....1800 551 800
Lifeline (lifeline.org.au – link to chat).....13 11 14
Mens Line Australia.....1300 789 978
Open Arms Veterans & Families Counselling.....1800 011 046
Poisons Information Centre.....13 11 26
Salvation Army.....1800 913 917
StandBy Support After Suicide.....0459 299 147
Suicide CallbackService.....1300 659 467
Victims Counselling & Support.....1300 139 703
Women's Domestic Violence Helpline (DV Connect)....1800 811 811
Women's Domestic Violence Counselling.....1800 737 722

