

## 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 -

Weekdays:  
8.00am – 5.00pm

Cardwell Family Practice  
Ph: 4066 8533

Cardwell Community Health Centre  
Ph: 4063 6300

Ingham Mental Health  
Ph: 4720 3035

Tully Mental Health  
Ph: 4068 4111

Client's private practitioner if applicable

Outside of the above times –

- Ingham Hospital ph:4720 3000
- Go to hospital ED
- Townsville Acute Care Team ph:44333000

**PEOPLE RARELY  
SUICIDE IN  
COMPANY –  
ORGANISE  
SUPPORT AND  
SERVICES**

### In an emergency

Emergency –

Ambulance/Fire/Police.....000

Ambulance –

Non-emergency.....131 233

Ingham Hospital.....4720 3000

Police link.....131 444

Police -

Cardwell.....4061 5990

Ingham.....4776 5500

Tully.....4068 4000

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 -

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*Adapted from the  
FNQ Suicide Prevention  
Taskforce  
Cairns Community Flowchart*

### Other options for referral & assistance

Cardwell Family Practice.....	4066 8533
Cairns Adult Mental Health Service.....	4226 3100
Community Health Service - Tully.....	4068 4101
Ingham.....	4720 3050
Dads in Distress.....	1300 853 437
DV Connect Mensline.....	1800 600 636
Elder Abuse Prevention Unit Helpline .....	1300 651 192
Girringun Aboriginal Corp.....	4066 8300
headspace (Cairns).....	4041 3780
Mamu Health Service, Tully.....	4068 0000
Parent Line (8am-10.00pm 7days)...	1300 301 300
Pregnancy Counselling Link.....	1800 777 690
Qld Aids Council.....	1800 177 434
Red Cross Accommodation (Townsville)...	4755 2980
Relationships Australia.....	1300 364 277
Sexual Assault Helpline.....	1800 010 120
Tully Medical Centre.....	4068 1977
Tully Support Centre.....	4068 1004
School Guidance Officers & Nurses.....	contact schools
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