

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)?

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

Policelink.....131 444
Police.....4069 5688
Police/Ambulance/
Emergency.....000
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 -
Dr Edward Koch Foundation
Enquiries 0409 765 305

Adapted from the FNQ Suicide Prevention Taskforce Cairns Community Flowchart

Other options for referral & assistance

Apunipima.....	4037 7100
ATODS.....	4226 3900
Cairns Adult Mental Health Service.....	4226 3100
Cooktown District Community Centre.....	4069 6098
Cooktown Comm.Mental Health.....	4043 0190
Cooktown Medical Centre.....	4069 5211
Cooktown Multi Purpose Health Centre.....	4043 0100
Cooktown Community Health.....	4043 0170
Cooktown Community Housing AC Inc	4069 5513
Cooktown State School.....	4082 0222
Dads in Distress.....	1300 853 437
DV Connect Mensline (9am-12am).....	1800 600 536
Elder Abuse Helpline.....	1300 651 192
Gungarde Community Centre.....	4069 5412
headspace (Cairns).....	40413780
Home & Community Care (HACC).....	4043 0223
Parent Line (8am-10pm 7days)	1300 301 300
Pregnancy Counselling Link.....	1800 777 690
Qld Aids Council.....	1800 177 434
Qlife Helpline (2pm- midnight M-F).....	1800 184 527
Relationships Australia.....	1300 364 277
Sexual Assault Helpline (7 :30am-11 :30pm 7days).	1800 010 120
Uniting Care National Debt Hotline (9 :30-4 :30 M-F).....	1800 007 007
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 Counsellors.....	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