

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 –

Acute Care Team (ACT)

Weekdays, Saturdays, Sundays and Public Holidays.

8.00 am – 10:00 pm
4226 3100

Outside of the above times, phone Cairns Hospital on **4226 0000** and ask for Acute Care Team

Child and Youth Mental Health (under 18)

Weekdays:
8.30 am-4.30 pm
4226 3400

Other times as per ACT

Hopevale Primary Health Care Centre
4083 8100

PEOPLE RARELY SUICIDE IN COMPANY – ORGANISE SUPPORT AND SERVICES

In an emergency

Ambulance.....**000**

Hope Vale Police.....**4060 9266**

Policelink.....**131 444**

Police
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 -

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Adapted from the FNQ Suicide Prevention Taskforce Cairns Community Flowchart

Other options for referral & assistance

Apunipima Cape York Health Council.....	4037 7100
ATODS.....	4226 3900
Cairns Integrated Adult Mental Health Service.....	4226 3100
Dads in Distress.....	1300 853 437
DV Connect Mensline (9am-midnight).....	1800 600 636
Elder Abuse Helpline(9am-5pm M-F).....	1300 651 192
Home & Comm. Care (HACC)	0448 465 375
headspace(Cairns) [12-25].....	4041 3780
Hope Vale Primary Care Health Centre.....	4083 8100
Hope Vale Campus (CYAAA).....	4060 9888
Hope Vale Council.....	4083 8000
Hope Vale Caring Aboriginal Parents.....	4060 9185
Life Promotion.....	4060 9212
Mental Health Carers Supportline (landlines only)	1800 351 881
Parent Line (8am-midnight 7 days).....	1300 301 300
Pregnancy Counselling Link.....	1800 777 690
Queensland 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 7 days).....	1800 010 120
Uniting Care.....	1300 096 203
National Debt Hotline (9:30am-4:30pm M-F)	1800 007 007
Well-Being Centre.....	4212 8200
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	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 DV Connect Helpline (DV Connect).....	1800 811 811
Women’s Domestic Violence Counselling.....	1800 737 722