

## 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-4:30pm

Jumbun Primary Health Clinic..... 4066 1409

Community Mental Health Tully, C/- Tully Hospital.....4068 4111 (services from Cardwell to El Arish)

Mamu Primary Health Care Centre Tully.....4068 0000

Outside of the above times, phone –

Tully Hospital.....4068 4144

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

Tully Hospital.....4068 4144

Policelink.....131 444

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  
Dr Edward Koch Foundation  
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### Other options for referral & assistance

Alcoholics Anonymous - Tully ....0438 667 830  
Cardwell Family Practice.....4066 8533  
Community Health Service -  
Mission Beach.....4068 9722  
Tully.....4068 4101  
Dads in Distress.....1300 853 437  
Elder Abuse Helpline.....1300 651 192  
Girringun Aboriginal Corp.....4066 8300  
headspace(Cairns).....4041 3780  
Mamu Health Service, Tully.....4068 0000  
Mental Health Carers ARAFMI  
Qld Inc Supportline.....1800 351 881  
Mission Beach Medical Centre...4068 8174  
DV Connect Mensline.....1800 600 636  
Parent Line (8am-10pm, all days)..1300 301 300  
Pregnancy Counselling Link...1800 777 690  
Qld Aids Council.....1800 177 434  
Relationships Australia.....1300 364 277  
Sexual Assault.....1800 010 120  
Tully Medical Centre.....4068 1977  
Tully Support Centre Inc.....4068 1004  
Tully High School.....4068 4555  
YETI, Cairns.....4051 4927  
YouthLink, Cairns.....4031 6179

#### 24 hour referral services:

13Health.....1343 2584  
Alcohol & Drug Information Service.....1800 177 833  
Bereaved by Suicide.....1300 467 354  
beyondblue Supportline.....1300 224 636  
Child Safety Services.....1800 177 135  
Family Drug Support.....1300 368 186  
Kids Helpline.....1800 551 800  
Life Bereavement Support Service.....0439 722 266  
Lifeline Australia.....131 114  
Mens Line Australia.....1300 789 978  
Poisons Information Centre.....131 126  
StandByBereavement SupportService .....0459 299 147  
Suicide Callback Service.....1300 659 467  
Veterans Counselling Service.....1800 011 046  
Women's Domestic Violence Helpline.....1800 811 811