

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

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| <ul style="list-style-type: none"> • 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? | <ul style="list-style-type: none"> • 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)? |
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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.

8.00am – 10pm
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:
8.30am – 5.00pm
4226 3400

Other times as per ACT

Lockhart River Primary Health Care Clinic **4060 7155**

Client's private practitioner if applicable

PEOPLE RARELY SUICIDE IN COMPANY – ORGANISE SUPPORT AND SERVICES

In an emergency

Lockhart Police.....**4050 7655**
 Policelink.....**131 444**
 Police Emergency.....**000**
 Mobile phones with no coverage.....**112**
 Ambulance **000**
 Lockhart River Primary Health Care (after hours for emergencies only).....**4060 7155**

*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
 Enquiries **0409 765 305***

Other options for referral & assistance

Apunipima..... 4037 7100
 ATODS.....4226 3900
 Cairns Adult Mental Health Service.....4226 3100
 Dads in Distress.....1300 853 437
 headspace(Cairns).....4041 3780
 Lockhart River School.....4083 3888
 DV Connect Mensline.....1800 600 636
 Elder Abuse Helpline.....1300 651 192
 Mental Health Carers ARAFMI
 Qld Inc Supportline.....1800 351 881
 Parent Line (8am-10pm, alldays).....1300 301 300
 Pregnancy Counseling Link.....1800 777 690
 Pytham Women's Shelter.....4060 7382
 Qld Aids Council.....1800 177 434
 Relationships Australia.....1300 364 277
 Sexual Assault.....1800 010 120
 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 Channe 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 Connec.....1800 811 811
 Women's Domestic Violence
 Counselling.....1800 737 722