

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

Other options for referral & assistance

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 Mt Isa Hospital on 4744 4444 and ask for Acute Care Team.

Child and Youth Mental Health (under 18)

Weekdays:
8.30am-4.30pm
4226 3400

Other times as per ACT

Client's private practitioner if applicable

People rarely suicide in company – organise support and services

In an emergency

Policelink.....131 444
Police Communications Centre.....4744 1111
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

Alcohol & Drug Information.....	1800 177 833
ARAFMI Qld-Assoc of Relatives/ Friends of Mentally Ill	1800 351 881
Cairns Integrated Mental Health Service.....	4226 3100
Cairns Regional Domestic Violence Service.....	4033 6100
Centacare	4044 0130
Community Health Centres - Cairns.....	4226 7623
Smithfield.....	4226 4800
Edmonton.....	4226 4900
Cairns North.....	4226 4333
DV Connect Mensline Qld.....	1800 600 636
Gay & Lesbian Counselling.....	1800 184 527
Headspace(Cairns).....	4041 3780
Gambling Helpline	1800 858 858
Men's Counselling Service.....	1800 600 636
Parent Line.....	1300 301 300
QLD Aids Council.....	1800 177 434
Relationships Australia.....	1300 364 277
School Guidance Officers and Nurses.....	contact schools
Sexual Assault Helpline (7.30am-11.30pm 7 days).....	1800 010 120
Mt Isa Youth Shelter.....	4749 0840
Victims of Crime Support.....	1300 139 703
Gidgee Healing Health Service.....	4769 7000
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