

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

- 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

8.00am-10pm

4226 3100

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

Normanton

Hospital.....**4745 2100**

Karumba Health Clinic...**47476400**

Client's private practitioner if applicable

PEOPLE RARELY SUICIDE IN COMPANY – ORGANISE SUPPORT AND SERVICES

In an emergency

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

Police

Normanton.....**4745 2555**

Police

Karumba.....**4745 9120**

Normanton Hospital....**4745 2100**

Karumba Health

Clinic.....**4747 6400**

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 –

FNQ Suicide Prevention Taskforce

Dr Edward Koch Foundation Enquiries 0409 765 305

Other options for referral & assistance

Cairns Adult Mental

Health Service.....**4226 3100**

Dads in Distress.....**1300 853 437**

Elder Abuse Helpline.....**1300 651 192**

Gkuthaarn Aboriginal Corporation

(call back).....**4745 1182**

headspace (Cairns).....**4041 3780**

Karumba Health Clinic**4747 6400**

Karumba State School.....**4747 6222**

Normanton State School**4769 7222**

Normanton Community Health

Centre**4747 8888**

Normanton Hospital**4745 2100**

Central & NW Qld Medicare Local....**4769 7000**

DV Connect Mensline.....**1800 600 636**

Parent Line (8am-10pm 7days)..**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**

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**