

## 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 -

**Acute Care Team (ACT) 24/7**.....  
1300 642 255

**Child and Youth Mental Health (under 18)**.....  
8.30-4.30pm Mon-Fri  
(07) 4433 9004

**Outside these hours call ACT**

**Townsville Hospital and Health Service**.....  
(07) 4433 1111

**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

**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  
Enquiries 0409 765 305*

### Other options for referral & assistance

Alcohol & Other Drugs.....	4433 8010
ATODS North Ward.....	4433 9600
Dads in Distress.....	1300 853 437
DV Connect Womensline.....	1800 811 811
DV Connect Mensline.....	1800 600 636
Elder Abuse Helpline.....	1300 651 192
Headspace (Townsville).....	4799 1799
Parent Line Counselling.....	1300 301 300
Pregnancy Counselling Link.....	1800 777 690
Qld Association for Healthy Communities.....	3017 1777
Relationships Australia.....	1300 364 277
Townsville Aboriginal and Islander Health Service.....	4759 4000
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