

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 -

Community Mental Health Service

Weekdays: 8.00am-4.30pm
40161327

Outside of the above times, present at Emergency at Innisfail Hospital, Rankin St. or phone the Acute Care Team at Cairns Hospital on 4226 3100

Adult, Child and Youth Mental Health (under 18)

Weekdays: 8.00am - 4.30pm
40161327

After hours as above.

Client's private practitioner if applicable

Suicide Prevention Resource Unit

Dr Edward Koch Foundation,
78 Anderson Street, Cairns

The Unit is for use by students, health professionals, counsellors and other interested community members, and includes information on the Mental Health Act.

In an emergency

Emergency –
Ambulance/Fire/Police.....000
Ambulance –
Non-emergency.....131 233
Hospital –
Babinda.....4067 8200
Innisfail..... 4061 5411
Policelink..... 13 14 44
Police –
Babinda.....4067 1120
Innisfail.....4061 5777
Fire Station –
Babinda contact Innisfail (unmanned)
Innisfail..... 4061 0610
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

PEOPLE RARELY SUICIDE
IN COMPANY – ORGANISE
SUPPORT AND SERVICES

Other options for referral & assistance

Alcoholics Anonymous.....1300 222 222
Cairns Integrated Adult Mental Health Service
24/7.....4226 3100
Centacare, Cairns.....4044 0130
Community Support Centre
Babinda (9am-4pm).....4043 8400
Cootharinga Society, Babinda.....0414 606 020
Dads in Distress.....1300 853 437
DV Connect Mensline.....1800 600 636
Elder Abuse Helpline.....1300 651 192
headspace (Cairns).....4041 3780
Innisfail Youth & Family Care.....4061 2778
Mamu Health Service.....4061 5100
Mental Health Carers ARAFMI
Qld Inc Supportline (landlines only).....1800 351 881
Ozcare Community Care, Cairns.....1800 692 273
Parentline (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 Helpline (8-11.30am).....1800 010 120
Wuchopperen Health Service Cairns.....4080100
YETI.....4051 4927
YouthLink.....4031 6179

24 hour referral services:

13Health.....1343 2584
Alcohol & Drug Information Serv..1800 177 833
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 Serv ...0439 722 266
Lifeline Australia.....131 114
Mens Line Australia.....1300 789 978
Poisons Information Centre.....131 126
StandBy Bereavement Support Service.....0459 299 147
Suicide Callback Service.....1300 659 467
Veterans Counselling Service.....1800 011 046
Women's Domestic Violence Helpline.....1800 811 811