

## 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 – 10:00 pm  
**4226 3100**

Outside of the above times, phone Cairns Base Hospital on **4226 0000** 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

Hopevale Primary Health Care Centre  
**4083 8100**

**PEOPLE RARELY  
SUICIDE IN COMPANY –  
ORGANISE SUPPORT  
AND SERVICES**

### In an emergency

Ambulance.....**000**

Hope Vale Police.....**4060 9266**

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

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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**Enquiries 07 4031 0145**

*Adapted from the*

*FNQ Suicide Prevention  
Taskforce  
Cairns Community Flowchart*

### Other options for referral & assistance

Cairns Adult Mental Health Service.....	4226 3100
Dads in Distress.....	1300 853 437
Elder Abuse Helpline.....	1300 651 192
HACC.....	0448 465 375
headspace(Cairns).....	4041 3780
Hope Vale Primary Care Health Centre.....	4083 8100
Hope Vale Campus.....	4060 9888
Hope Vale Council.....	4083 8000
Hope Vale Caring Aboriginal Parents.....	4060 9185
Life Promotion.....	4060 9212
DV Connect Mensline.....	1800 600 636
Mental Health Carers ARAFMI Qld Inc Supportline.....	1800 351 881
Parent Line (8am-10pm all days).....	1300 301 300
Pregnancy Counselling Link.....	1800 777 690
Queensland Aids Council.....	1800 177 434
Relationships Australia.....	1300 364 277
Sexual Assault.....	1800 010 120
Well-Being Centre.....	4212 8200
YETI.....	4051 4927
YouthLink.....	4031 6179

#### 24 hour referral services:

13Health.....	1343 2584
Alcohol & Drug Information Service.....	1800 177 833
beyondblue Supportline.....	1300 224 636
Child Safety Services.....	1800 177 135
Christian Care.....	1300 302 170
Family Drug Support.....	1300 368 186
Kids Helpline.....	1800 551 800
Life Bereavement Support Service.....	0439 722 266
Lifeline Australia.....	131 114
Mens Line Australia.....	1300 789 978
Poisons Information Centre.....	131 126
StandBy.....	0459 299 147
Suicide Callback Service.....	1300 659 467
Veterans Counselling Service.....	1800 011 046
Women’s Domestic Violence Helpline .....	1800 811 811