

## 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  
**4061 5327**

Outside of the above times, phone Cairns Base Hospital on **4226 0000** and ask for Psych Registrar on call (available up to 10pm week nights and 8pm weekends).

**Child and Youth Mental Health (under 18)**

Weekdays: 8.00am-4.30pm  
**4061 5327**

Client's private practitioner if applicable

*People rarely suicide in company – organise support and services*

### In emergency

Emergency –  
**Ambulance/Fire/Police.....000**

Non-emergency.....**131 233**  
**Innisfail Hospital.....4061 5411**  
**Policelink.....131 444**  
**Innisfail Police.....4061 5777**  
**Innisfail Fire.....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***

**Suicide Prevention Resource Unit  
Red Cross House  
245-247 Lake 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.

Flowchart developed by –

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*Adapted from the  
FNQ Suicide Prevention  
Taskforce  
Cairns Community Flowchart*

### Other options for referral & assistance

Community Health Centre,  
Innisfail.....4061 5444  
Centacare, Cairns .....4044 0130  
Community Support Centre,  
Innisfail (9am-4pm).....4043 8400  
Dads in Distress.....1300 853 437  
Elders Abuse Helpline.....1300 651 192  
headspace(Cairns).....4041 3780  
Innisfail State College.....4078 0222  
Innisfail Youth & Family Care.....4061 2778  
Mamu Health Service.....4061 5100  
Mental Health Carers  
ARAFMI Qld Inc Supportline.....32541881  
DV Connect Mensline.....1800 600 636  
Parent Line (8am-10pm, all days)..1300 301 300  
Pregnancy Counselling Link.....1800 777 690  
Relationships Australia.....1300 364 277  
Queensland Aids Council.....1800 177 434  
Sexual Assault.....1800 010 120  
Baptist Church.....0408 770 899  
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 Channel Careline Team....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  
Salvation Army.....137 258  
StandBy.....0459 299 147  
Suicide Callback Service.....1300 659 467  
Veterans Counselling Service.....1800 011 046  
Women's Domestic Violence  
Helpline.....1800 811 811