

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

Child and Youth Mental Health (under 18)

Weekdays:

8.30am – 5.00pm

4226 3400

Other times as per ACT

Lockhart River Primary Health Care Clinic
4060 7155

People rarely suicide in company – organise support and services

In an emergency

Lockhart Police.....**4060 7120**

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

Police Emergency.....**000**

Mobile phones with no coverage.....**112**

Ambulance **000**

Lockhart River Primary Health Care (after hours for emergencies only).....4060 7155

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 -
Dr Edward Koch Foundation
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
headspace(Cairns).....4041 3780
Lockhart River School.....4083 3888
DV Connect Meline.....1800 600 636
Elders Abuse Helpline.....1300 651 192
Mental Health Carers ARAFMI
Qld Inc Supportline.....1800 351 881
Parent Line
(8am-10pm, alldays).....1300 301 300
Pregnancy Counselling Link.... 1800 777 690
Pytham Women's Shelter.....4060 7382
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
Alcohol & Drug Information Service.....1800 177 833
Bereaved by Suicide.....1300 467 354
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 Service.....0439 722 266
Lifeline Australia.....131 114
Mens Line Australia.....1300 789 978
Poisons Information Centre.....131 126
Salvo Care Line.....1300 363 622
StandBy.....0459 299 147
Suicide Callback Service.....1300 659 467
Veterans Counselling.....1800 011 046
Women's Domestic Violence Helpline.....1800 811 811