

A guide for individuals working with people at risk of self harm and suicide

Questions to use to assess level of risk and to help decide where to refer

- Is everything alright in your life?
- 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 –

Bamaga Primary Health Care Clinic.....4069 3200
Bamaga Hospital..... 4069 3166

Acute Care Team (ACT)
Weekdays, Saturdays, Sundays and Public Holidays
8.00am – 10pm
Cairns 4226 3100

Outside 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
Other times as per ACT

Cairns 4226 3400
Thursday Is..... 4069 0695

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

In an emergency

Policelink.....131 444
Police Emergency.....000
Bamaga Police..... 4090 4500
Bamaga Hospital (emergency only).....4069 3166
Ambulance000
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*

Other options for referral & assistance

Alcohol Tobacco & Other
Drugs (ATODS).....4226 3900
Bamaga Family Resource Center...4069 3555
Bamaga Hospital.....4069 3166
Bamaga Primary Health Centre.....4069 3200
Dads in Distress.....1300 853 437
Elder Abuse Helpline.....1300 651 192
headspace(Cairns).....4041 3780
DV Connect Mensline.....1800 600 636
Mens Shed, Bamaga 0417 200 172
Mental Health Carers ARAFMI
Qld Inc Supportline.....1800 351 881
NPA Community Mental Health.....4069 3166
NPA Family & Community Services..4212 2000
NPA Healing Centre.....4212 2300
Parent Line (8am-10pm 7days)...1300 301 300
Pregnancy Counselling Link.....1800 777 690
Qld Aids Council.....1800 177 434
Relationships Australia.....1300 364 277
Sexual Assault.....1800 010 120
TI Mental Health.....4069 0695
TI Women’s Shelter.....4069 1366
Women’s Shelter.....4212 2200
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 Service..1800 011 046
Women’s Domestic Violence Helpline.....1800 811 811