

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

- 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)?
- 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 –

Tablelands Mental Health, Mareeba

Weekdays:
8.00am - 4.30pm
4092 9171

Suicide Prevention Resource Unit
Red Cross House,
245-247 Lake Street,
Cairns, 4870

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

People rarely suicide in company – organise support and services

In an emergency

Ambulance/Fire/Police.....000

Policelink.....131 444

Chillagoe Hospital.....4094 7500

Mareeba Hospital.....4092 9333

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 and Other Drugs Service.....4092 9365
Alcoholics Anonymous – Kuranda..... 4093 7599
Malanda.....0488 977 254
Centacare Cairns.....4044 0130
Dads in Distress.....1300 853 437
Dimbulah Community Health.....4093 5333
Dimbulah Community Centre.....4093 5444
Elders Abuse Helpline.....1300 651 192
headspace(Cairns).....4041 3780
Julatten Comm./Counselling.....4094 2037
Kuranda Neighbourhood Centre.....4093 8933
Mareeba Comm./Indig. Health.....4092 9100
Mareeba Community Centre.....4092 1948
Youth Service (Mareeba Community Centre)
Mental Health Carers
ARAFMI Qld Inc Supportline.....1800 351 881
Mulungu Aboriginal Corp (Wellbeing).....4092 3428
Parentline (8am-10pm, all days).....1300 301 300
Pregnancy Counselling Link.....1800 777 690
Relationships Australia..... 1300 364 277
Sexual Assault.....1800 010 120
T’lands Counselling & Support.....4092 6899
T’lands Sexual Assault Service..... 4091 4036
Women’s Centre Atherton.....4091 5100
Wuchopperen Outreach Centre.....4091 1188
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
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 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