

*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 District  
Mental Health Service  
Atherton**

Weekdays:  
8.00am-4.30pm  
**4091 0213**

**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.

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

### In an emergency

**Ambulance/Fire/Police.....000**  
**Policelink.....131 444**  
**Atherton Hospital....4091 0253**  
**Herberton Hospital.. 4096 1000**  
**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 – Malanda.....0488 977 254  
Community Health Centres:  
Atherton (call back).....4091 0263  
Malanda.....4096 5339  
Millaa Millaa.....4097 2223  
Mt Garnet OPD.....4097 4800  
Ravenshoe.....4097 6223  
Dads in Distress.....1300 853 437  
DV Connect Mensline.....1800 600 636  
Elder Abuse Helpline.....1300 651 192  
Eacham Community Help (ECHO)..4096 6950  
Headspace (Cairns).....4041 3780  
Mamu Health Service, Ravenshoe..4043 5200  
Mental Health Carers Supportline Qld (landlines only).....1800 351 881  
Parentline (8am-10pm 7days)...1300 301 300  
Pregnancy Counselling Link... 1800 777 690  
Relationships Australia.....1300 364 277  
Salvation Army, Atherton.....0418 722 250  
Sexual Assault Helpline.....1800 010 120  
T'lands Counselling/Support... ..4092 6899  
T'lands Sexual Assault Service.....4091 4036  
Women's Centre Atherton.....4091 5100  
Yabu Mija Aboriginal Corp.....4097 7100  
YETI .....4051 4927  
Youthlink.....4031 6179

#### 24 hour referral services:

13Health.....1343 2584  
Alcohol & Drug Info Service.....1800 177 833  
beyondblue Supportline.....1300 224 636  
Child Safety Services.....1800 177 135  
Family Drug Support 24/7.....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