

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 -

**Community Mental Health
Tully, C/- Tully Hospital
(services from Cardwell to
El Arish)**

Weekdays:
8.00am-4.30pm
4068 4111

Outside of the above times,
phone –

Tully Hospital.....4068 4144

**Client's private practitioner
if applicable**

**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

Emergency –

Ambulance/Fire/Police.....000

**Ambulance –
Non-emergency.....131 233**

Tully Hospital.....4068 4144

Policelink.....131 444

Police -

Mission Beach...4068 8422

Silkwood.....4065 2200

Tully.....4068 4000

**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

Alcoholics Anonymous – Tully.....4068 1013
Cairns Adult Mental Health Service...4226 3100
Cardwell Family Practice.....4066 8533
Community Health Service -
Mission Beach.....4068 9722
Tully.....4068 4101
Dads in Distress.....1300 853 437
DV Connect Mensline.....1800 600 636
Elder Abuse Helpline.....1300 651 192
Girringun Aboriginal Corp.....4066 8300
headspace(Cairns).....4041 3780
Mental Health Carers
ARAFMI Qld Inc Supportline....1800 351 881
Mission Beach Medical Centre.....4068 8174
Parent Line (8am-10pm 7days)....1300 301 300
Pregnancy Counselling Link.....1800 777 690
Qld Aids Council.....1800 177 434
Relationships Australia1300 364 277
Sexual Assault.....1800 010 120
Tully Medical Centre.....4068 1977
Tully Support Centre Inc.....4068 1004
Tully High School.....4068 4555
YETI, Cairns.....4051 4927
YouthLink, Cairns.....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