

## 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 –

#### 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 - 4.30pm  
**4083 9000**

Other times as per ACT

#### Wujal Wujal Primary Health Care Centre

**40839000**

#### Cooktown Hospital Mental Health

**07 4043 0190**

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

### In an emergency

Policelink.....131 444

Wujal Wujal Police.....4060 8101

Police Emergency.....000

Mobile phones with no coverage.....112

Ambulance .....000

**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

Bloomfield River School.....	4060 8134
Cooktown Community Health.....	4043 0170
Cooktown Hospital.....	4043 0100
Cooktown Mental Health Service.....	4043 0190
Dads in Distress.....	1300 853 437
DV Connect Mensline.....	1800 600 636
Elder Abuse Helpline.....	1300 651 192
headspace(Cairns).....	4041 3780
Justice Group.....	0428 291 359
Life Promotion.....	4083 9116
Mental Health Carers	
ARAFMI Qld Inc Supportline.....	1800 351 881
Parent Line	
(8am-10pm,all days).....	1300 301 300
Pregnancy Counselling Link.....	1800 777 690
Q'land Association for	
Healthy Communities.....	1800 177 434
Relationships Australia.....	1300 364 277
Sexual Assault Helpline.....	1800 010 120
Wujal Wujal Health Clinic.....	4083 9000
YETI.....	4051 4927
YouthLink.....	4031 6179

#### 24 hour referral services:

13Health.....	1343 2584
Alcohol & Drug Information	
Serv.....	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