

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?
- Are they thinking about suicide?
- Have there been past suicide attempts?
- Is there a family history of suicide?
- Have they a suicide plan?
- Do they have access to means (e.g. gun)?
- Is there abuse of drugs or alcohol?
- Is the person receiving treatment for mental illness/ emotional problem?

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:
8.00am - 10.00pm
4050 3100

Weekends/Public Holidays:
10.00am - 6.00pm
4050 6333

Outside of the above times,
phone Cairns Base Hospital
on **40506333** and ask for
Psych Registrar on call

Child and Youth Mental Health (under 18)

Weekdays:
8.30am - 4.30pm
4081 7888

Other times as per ACT

Coen Medical Clinic
4060 1166

In an emergency

Police Communications
Centre..... 4030 7000

Police Emergency.....000

Mobile phones with
no coverage.....112

Ambulance (ring Coen
Medical Clinic)....4060 1166

Well-Being Clinic....4060 1049

**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 -
Dr Edward Koch Foundation
and the
**FNQ Suicide Prevention
Taskforce**
Enquiries **07 4031 0145**

Other options for
referral & assistance

Cairns Integrated Mental
Health Service.....4050 3100
Cairns Regional Domestic
Violence Service (9am-5pm)..4033 6100
Coen Health Clinic.....4060 1166
Coen State School.....4060 1132
Life Suicide Bereavement
Helpline (9.30am-4.30pm)..0439 722 266
Men’s Telephone
Counselling Service....1800 600 636
Parent Line.....1300 301 300
Q’land Association for
Healthy Communities....1800 177 434
YETI.....4051 4927
YouthLink.....4031 6179

24 hour referral services:

Dads in Distress.....1300 853 437
Domestic Violence/
Crisis Helpline.....1800 811 811
Family Drug Support..1300 368 186
Hope Line.....1300 467 354
Kids Helpline.....1800 551 800
Lifeline Australia.....131 114
Salvo Care Line.....1300 363 622
Veterans Counselling
Service.....1800 011 046

People rarely suicide in company - organise support and services