

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 **4050 6333** 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

Health Care Clinic
4060 9171

In an emergency

Ambulance.....000

Hope Vale Police.....4060 9266

Police Emergency.....000

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 -

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

Crisis Help.....0400 697 645

Elder Abuse Helpline.....1300 651 192

HACC.....4060 9299

Hope Vale Health Centre.....4060 9171

Hope Vale School.....4060 9888

HV Aboriginal Community Justice Group.....4060 9207

HV Caring Aboriginal Parents.....4060 9185

Life Promotion.....4060 9212

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’ld Association for Healthy Communities.....1800 177 434

Well-Being Centre.....4083 8100

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