

*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 **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

### Kowanyama Health Care Clinic

**4083 7600**

In an emergency

### Kowanyama

Police.....**4060 5120**

Police Emergency.....**000**

Mobile phones with no coverage.....**112**

Ambulance ..... **000**

### Kowanyama

Clinic.....**4083 7600**

**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 Centre.....4060 5186

Kowanyama School.....4060 5158

Life Suicide Bereavement

Helpline (9.30am-4.30pm).0439 722 266

Men’s Telephone Counselling

Service.....1800 600 636

Parent Line.....1300 301 300

Qld Association for Healthy

Communities.....1800 177 434

Women’s Shelter.....4060 5201

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 service*