

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

**Lockhart River Primary
Health Care Clinic**
4060 7155

In an emergency

Lockhart Police....4060 7120

Police Emergency.....000

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

Ambulance 000

**Lockhart River Primary
Health Care (a/hrs for
emergencies only)...4060 7155**

**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 Regional Domestic
Violence Service.....4033 6100
Cairns Integrated Mental
Health Service.....4050 3100
Life Suicide Bereavement
Helpline (9.30am-4.30pm)....0439 722 266
Lockhart River School.....4060 7124
Men’s Telephone Counselling
Service.....1800 600 636
Parent Line.....1300 301 300
Pytham Women’s Shelter.....4060 7382
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