

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

**Royal Flying Doctor
Service (24hrs)**

4040 0500

In an emergency

Weipa Police.....4069 9119

Police Emergency.....000

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

Ambulance 000

**Mapoon Health
Clinic.....4090 9174**

**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

Life Suicide Bereavement

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

Mapoon Aboriginal

Council.....4090 9124

Mapoon Health Clinic.....4090 9174

Men’s Telephone

Counselling Service.....1800 600 636

Parent Line 8am–10pm.....1300 301 300

Q’land Association for

Healthy Communities.....1800 177 434

Western Cape College.....4082 9333

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