

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**

Napranum Health Clinic.....**4069 7459**

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**

Community Centre.....**4069 9877**

Crisis Help.....**0400 697 645**

Elder Abuse Helpline.....**1300 651 192**

Life Suicide Bereavement

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

Men’s Telephone

Counselling Service.....**1800 600 636**

Parent Line 8am–10pm.....**1300 301 300**

Q’land Association for

Healthy Communities.....**1800 177 434**

Weipa Integrated Health Service -

Women’s Health.....**4090 6275**

Mental Health.....**4090 6237**

Sexual Health.....**4090 6203**

Child Health.....**4090 6236**

Western Cape College.....**4090 6444**

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