

*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 –

**Bamaga Primary Health  
Care Clinic..... 4069 3200**

**Soewell Program  
Bamaga.....4069 3200**

**Acute Care Team (ACT)**  
Weekdays:  
8.00am - 10.00pm  
**Cairns .....4050 3100**

Weekends/Public Holidays:  
10.00am - 6.00pm

**Cairns.....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  
Other times as per ACT  
**Cairns .....4081 7888**  
**Thursday Is.....4069 0400**

In an emergency

**Ambulance .....000**

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

**Bamaga Police..... 4069 3156**

**Bamaga Hospital  
(emergency only)....4069 3166**

**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

Soewell Program Bamaga.....4069 3200  
Bamaga Family Resource Cntr..4069 3555  
Bamaga Hospital.....4069 3166  
Bamaga Primary Health Centre..4069 3200  
Cairns Integrated Mental  
Health Service.....4050 3100  
Child & Youth  
Mental Health, TI.....4069 0400  
Crisis Help.....0400 697 645  
Elder Abuse Helpline.....1300 651 192  
Healthy Lifestyle.....4083 0170  
Life Suicide Bereavement  
Helpline (9.30am-4.30pm)....0439 722 266  
Men’s Telephone Counselling  
Service.....1800 600 636  
NPA Healing Centre.....4069 3811  
Parent Line.....1300 301 300  
Q’land Association for Healthy  
Communities.....1800 177 434  
TI Mental Health.....4069 0400  
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..1800 011 046**  
**Women’s Shelter Asscn....4069 3020**

***People rarely suicide in company – organise support and services***