

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 –

Mareeba Community Mental Health

Weekdays:
8.00am-4.30pm
4092 9171

Tablelands Mental Health, Mareeba

Weekdays:
8.30am-5.00pm
4092 9171

Suicide Prevention Resource Unit

Red Cross House,
245-247 Lake Street, Cairns, 4870

The Unit is for use by students,
health professionals, counsellors
and other interested community
members, and includes
information on the
Mental Health Act.

In an emergency

Ambulance/Fire/Police.....000

Chillagoe Hospital...4094 7500

Mareeba Hospital.....4092 2322

**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*

Alcohol & Drug Info Service.....1800 177 833
Alcohol, Tobacco and Other Drugs
Service.....4092 9333
Alcoholics Anonymous –
Kuranda..... 4093 7599
Malanda/Atherton..... 4095 4471
Mareeba..... 4092 3172
Dimbulah Community Health..... 4093 5333
Dimbulah Counselling Service..... 4093 5444
Julatten Comm./Counselling..... 4094 2037
Kuranda Counselling Service..... 4093 8933
Life Suicide Bereavement
Helpline. (9.30am-4.30pm)...0439 722 266
MAHS Program (GP referred).....4086 2900
Mareeba Comm./Indig. Health.....4092 9100
Mareeba Info & Support Centre....4092 1948
Mareeba Youth Service.....4092 7632
Mulungu Aboriginal Corp.....4092 3428
Relationships Australia.....1300 364 277
T'lands Counselling & Support.....4092 6899
T'lands Sexual Assault Service....4091 4036
T'lands Women's Centre.....4091 5100
Wuchopperen Outreach Centre....4091 1188

24 hour referral services:

Child Safety A/hrs Centre.....1800177 135
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
Men's Counselling Service.....1800 600 636
Parent Line.....1300 301 300
Salvo Care Line.....1300 363 622
Veterans Counselling
Service.....1800 011 046

People rarely suicide in company – organise support and services