

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
**Weipa Integrated Health
Services.....4090 6275**

**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 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