

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

Health Care Clinic
4060 8239

In an emergency

Wujal Wujal Police..4060 8101

Community Police...4060 8259

Police Emergency.....000

Mobile phones with no coverage.....112

Ambulance 000

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 –

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and the
FNQ Suicide Prevention Taskforce
Enquiries 07 4031 0145

Other options for referral & assistance

Bloomfield River School.....4060 8134
Cairns Integrated Mental Health Service.....4050 3100
Crisis Help.....0400 697 645
Elder Abuse Helpline.....1300 651 192
Justice Group.....4083 9100
Life Promotion.....4083 9116
Life Suicide Bereavement Helpline (9.30am-4.30pm)..0439 722 266
Men’s Telephone Counselling Service.....1800 600 636
Parent Line.....1300 301 300
Q’land Association for Healthy Communities...1800 177 434
Wujal Wujal Health Clinic.....4060 8239
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