

## 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?
- Is the person receiving treatment for mental illness/emotional problem?
- Is there abuse of drugs or alcohol?
- Is there a family history of suicide?
- Have there been past suicide attempts?
- Are they thinking about suicide?
- Have they a suicide plan?
- Do they have access to means (e.g. gun)?

### 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 -

#### Community Mental Health Service

Weekdays: 8.00am-4.30pm  
**4061 5327/40161327**

Outside of the above times, present at Emergency at Innisfail Hospital, Rankin St. or phone the Acute Care Team at Cairns Hospital on 4226 3100

#### Adult, Child and Youth Mental Health (under 18)

Weekdays: 8.00am - 4.30pm  
**4061 5327/40161327**

After hours as above.

Client's private practitioner if applicable

#### Suicide Prevention Resource Unit

Dr Edward Koch Foundation,  
6A Aplin Street, Cairns

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

**Emergency –**  
Ambulance/Fire/Police.....000  
**Ambulance –**  
Non-emergency.....131 233  
**Hospital –**  
Babinda.....4067 8200  
Innisfail..... 4061 5411  
**Policelink..... 13 14 44**  
**Police –**  
Babinda.....4067 1120  
Innisfail.....4061 5777  
**Fire Station –**  
Babinda contact Innisfail (unmanned)  
Innisfail.....4061 0610  
**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  
Enquiries 07 4031 0145

Adapted from the  
FNQ Suicide Prevention Taskforce  
Cairns Community Flowchart

**PEOPLE RARELY SUICIDE  
IN COMPANY – ORGANISE  
SUPPORT AND SERVICES**

### Other options for referral & assistance

Alcoholics Anonymous.....1300 222 222  
Cairns Integrated Adult Mental Health Service  
24/7.....4226 3100  
Carinity Youth Harolds House, Cairns..0408 770 899  
Centacare, Cairns.....4044 0130  
Community Health Centre, Innisfail.....4061 5444  
Community Support Centre  
Innisfail (9am-4pm).....4043 8400  
Cootharinga Society, Babinda.....4067 1533  
Dads in Distress.....1300 853 437  
DV Connect Mensline.....1800 600 636  
Elder Abuse Helpline.....1300 651 192  
headspace (Cairns).....4041 3780  
Innisfail Youth & Family Care.....4061 2778  
Mamu Health Service.....4061 4477  
Mental Health Carers  
ARAFMI Qld Inc Supportline.....1800 351 881  
Ozcare Community Care, Cairns.....1800 692 273  
Parentline (8am-10pm, all days).....1300 301 300  
Pregnancy Counselling Link.....1800 777 690  
Qld Aids Council.....1800 177 434  
Relationships Australia.....1300 364 277  
Sexual Assault Helpline (8-11.30am)...1800 010 120  
Social Worker, Babinda (Tues.).....4061 5454  
Wuchopperen Health Service Cairns.....4080100  
YETI.....4051 4927  
YouthLink.....4031 6179

#### 24 hour referral services:

13Health.....1343 2584  
Alcohol & Drug Information Serv.....1800 177 833  
Bereaved by Suicide.....1300 467 354  
beyondblue Supportline.....1300 224 636  
Child Safety Services.....1800 177 135  
Family Drug Support.....1300 368 186  
Kids Helpline.....1800 551 800  
Life Bereavement Support Service.....0439 722 266  
Lifeline Australia.....131 114  
Mens Line Australia.....1300 789 978  
Poisons Information Centre.....131 126  
Salvo Care Line.....1300 363 622  
StandBy.....0459 299 147  
Suicide Callback Service.....1300 659 467  
Veterans Counselling Service.....1800 011 046  
Women's Domestic Violence Helpline....1800 811 811