

## 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)?
- What protective factors do they have?

### 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 -

Weekdays:  
8.00am – 5.00pm

Cardwell Family Practice  
Ph: 4066 8533

Cardwell Community Health Centre  
Ph: 40

Ingham Mental Health  
Ph: 4720 3035

Tully Mental Health  
Ph: 4068 4111

Client's private practitioner if applicable

Outside of the above times –

- Ingham Hospital ph:4720 3000
- Go to hospital ED
- Townsville Acute Care Team ph:44333000

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

### In an emergency

Emergency –

Ambulance/Fire/Police.....000

Ambulance –

Non-emergency.....131 233

Ingham Hospital.....4720 3000

Police link.....131 444

Police -

Cardwell.....4066 8620

Ingham.....4776 5500

Tully.....4068 4000

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 -

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*Adapted from the  
FNQ Suicide Prevention  
Taskforce  
Cairns Community Flowchart*

### Other options for referral & assistance

Alcoholics Anonymous –Tully.....4068 1013  
Cardwell Family Practice.....4066 8533  
Cairns Adult Mental Health Service.....4226 3100  
Community Health Service -

Tully.....4068 4101

Ingham.....4720 3050

Dads in Distress.....1300 853 437

DV Connect Mensline.....1800 600 636

Elder Abuse Prevention Unit Helpline

.....1300 651 192

Girringun Aboriginal Corp.....4066 8300

headspace (Cairns).....4041 3780

Mamu Health Service, Tully.....4068 0000

Mental Health Carers ARAFMI Qld Inc

Supportline(landline only).....1800 351 881

Parent Line (8am-10.00pm 7days)...1300 301 300

Pregnancy Counselling Link.....1800 777 690

Qld Aids Council.....1800 177 434

Red Cross (Townsville).....4753 0600

Relationships Australia.....1300 364 277

Tully Medical Centre.....4068 1977

Tully Support Centre.....4068 1004

School Guidance Officers &

Nurses.....contact schools

YETI.....4051 4927

Youthlink.....4031 6179

**24 hour referral services:**

13Health.....1343 2584

Alcohol & Drug Information

Service.....1800 177 833

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

Sexual Assault Helpline.....1800 010 120

StandBy Suicide Bereavement

Support.....0459 299 147

Suicide Callback Service.....1300 659 467

Veterans Counselling Service.....1800 011 046

Women's Domestic Violence

Helpline.....1800 811 811