

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 –

Cairns Acute Care Team (ACT)

Weekdays, Saturdays,
Sundays and Public
Holidays 24/7
Ph:4226 3100

Child and Youth Mental Health (under 18)

Weekdays:
8.00am - 4.30pm
4226 3400
Other times as per ACT

Coen Medical Clinic 4060 1166

People rarely suicide in company – organise support and services.

In an emergency

Police Emergency.....000

Policelink.....131 444

Police Communications
Centre..... 4030 7000

Mobile phones with
no coverage.....112

Ambulance (ring Coen Medical Clinic)
.....4060 1166

Well-Being Clinic.....4060 1049

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

Cairns Integrated Mental
Health Service.....4226 3100
Coen Medical Clinic.....4060 1166
Coen Campus CYAAA.....4060 1132
headspace(Cairns).....4041 3780
Dads in Distress.....1300 853 437
DV Connect Mensline.....1800 600 636
Elder Abuse Helpline.....1300 651 192
Mental Health Carers ARAFMI Qld Inc
Supportline 24/7(Landline only)....1800 351 881
Parent Line
(8am-10pm, all days).....1300 301 300
Pregnancy Counselling Link.....1800 777 690
Queensland Aids Council.....1800 177 434
Relationships Australia1300 364 277
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