

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 1132
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
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