

## 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)**

24/7 ph: 4226 3100

**Child and Youth Mental Health (under 18)**

Weekdays: 8.30 am-4.30 pm  
**4226 3400**  
Other times as per ACT

Client's private practitioner if applicable

People rarely suicide in company – organise support and services

### In an emergency

**Policelink.....131 444**  
**Police.....4069 5688**  
**Police/Ambulance/  
Emergency.....000**  
**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

Apunipima..... 4037 7100  
ATODS.....4226 3900  
Cairns Adult Mental Health  
Service.....4226 3100  
Cooktown District Community Centre.....4069 6098  
Cooktown Comm.Mental Health.....4043 0190  
Cooktown Medical Centre.....4069 5211  
Cooktown Multi Purpose Health Centre.....4043 0100  
Cooktown Community Health.....4043 0170  
Cooktown Community Housing AC Inc. ....4069 5513  
Cooktown State School.....4082 0222  
Dads in Distress.....1300 853 437  
DV Connect Mensline (9am-12am).....1800 600 536  
Elder Abuse Helpline.....1300 651 192  
Gungarde Community Centre.....4069 5412  
headspace (Cairns).....40413780  
Mental Health Carers  
Supportline (Landline only).....1800 351 881  
Home & Community Care (HACC).....4043 0223  
Parent Line (8am-10pm 7days) .....1300 301 300  
Pregnancy Counselling Link.....1800 777 690  
Qld Aids Council.....1800 177 434  
Qlife Helpline (2pm- midnight M-F).....1800 184 527  
Relationships Australia.....1300 364 277  
Sexual Assault  
Helpline (7 :30am-11 :30pm 7days).....1800 010 120  
Uniting Care  
National Debt Hotline (9 :30-4 :30 M-F).....1800 007 007  
YETI.....4051 4927  
YouthLink.....4031 6179

#### 24 hour referral services:

13Health.....1343 2584  
Alcoholics Anonymous.....1300 222 222  
Alcohol & Drug Information Serv.....1800 177 833  
beyondblue Supportline.....300 224 636  
Child Safety Services.....1800 177 135  
Family Drug Support.....1300 368 186  
Gambling Helpline Uniting Care.....1800 858 858  
headspace (9:00am-1:00am).....1800 650 890  
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.....13 11 26  
StandBy Support After Suicide.....0459 299 147  
Suicide CallbackService.....1300 659 467  
Veterans Counselling Service.....1800 011 046  
Victims Counselling & Support.....1300 139 703  
Women's Domestic Violence  
Helpline.....1800 811 811  
Women's Domestic Violence  
Counselling.....1800 737 722

