

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 –

Cassowary Area Mental Health Service

Weekdays: 8.00am-4.30pm
4016 1327

Outside of the above times, phone Cairns Base Hospital on 4226 0000 and ask for Psych Registrar on call (available up to 10pm week nights and 8pm weekends).

Child and Youth Mental Health (under 18)

Weekdays: 8.00am-4.30pm
4016 1327

Client's private practitioner if applicable

People rarely suicide in company – organise support and services

In emergency

Emergency –
Ambulance/Fire/Police.....000
Ambulance –
Non-emergency.....131 233
Innisfail Hospital.....4061 5411
Policelink.....131 444
Innisfail Police.....4061 5777
Innisfail Fire.....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*

Suicide Prevention Resource Unit
Red Cross House
245-247 Lake 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.

Flowchart developed by –

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

Other options for referral & assistance

Baptist Family Centre.....4061 1631
Cassowary Coast Community Health Centre.....4016 1444
Centacare, Cairns4044 0130
Community Support Centre, Innisfail (9am-4pm).....4043 8400
Dads in Distress.....1300 853 437
Elders Abuse Helpline.....1300 651 192
headspace(Cairns).....4041 3780
Innisfail State College.....4078 0222
Innisfail Youth & Family Care.....4061 2778
Mamu Health Service.....4061 5100
DV Connect Mensline.....1800 600 636
Parent Line (8am-10pm, all days)....1300 301 300
Pregnancy Counselling Link.....1800 777 690
Relationships Australia.....1300 364 277
Queensland Aids Council.....1800 177 434
Sexual Assault.....1800 010 120
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
Christian Channel Careline Team.....1300 302 170
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
Mental Health Carers ARAFMI Qld Inc Supportline.....1300 554 660
Poisons Information Centre.....131 126
Salvation Army helpline.....1300 371 288
StandBy.....0459 299 147
Suicide Callback Service.....1300 659 467
Veterans Counselling Service.....1800 011 046
Women's Domestic Violence Helpline.....1800 811 811