

A guide for individuals working with people at risk of self harm and suicide

Questions to use to assess level of risk and to help decide where to refer

- Is everything alright in your life?
- 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

11.5

REFER TO –

Bamaga Primary Health

Care Clinic.....4069 3200

Bamaga Hospital....4069 3166

Cairns Acute Care Team (ACT)

*Weekdays, Saturdays,
Sundays and Public Holidays*

8.00am – 10pm

Cairns.....4226 3100

*Outside of the above times,
phone Cairns Hospital on 4226
0000 and ask for Acute Care
Team*

Other times as per ACT

**People rarely suicide in
company – organise support
and services**

In an emergency

Policelink.....131 444

Bamaga Police.....4069 3156

**Bamaga Hospital
(emergency only)...4069 3166**

**Emergency (Police/
Ambulance/ Fire).....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 (Cairns).....	4226 3900
Bamaga Hospital.....	4069 3166
Bamaga Primary Health Care.....	4069 3200
Dads in Distress.....	1300 853 437
DV Connect Mensline.....	1800 600 636
Elder Abuse Helpline (9 am to 5 pm M-F).....	1300 651 192
headspace(Cairns).....	4041 3780
Mens Shed Bamaga.....	0417 200 172
Mental Health Carers Supportline Qld (Landline Only).....	1800 351 881
NPA Community Mental Health.....	4090 4270
NPA Family & Comm Services.....	4212 2000
NPA Healing Centre.....	4212 2300
NPA Women's Shelter.....	4069 3555
Parent Line (8am-10pm 7days).....	1300 301 300
Pregnancy Counselling Link.....	1800 777 690
Qld Aids Council.....	1800 177 434
Relationships Australia.....	1300 364 277
Sexual Assault Helpline.....	1800 010 120
TI Mental Health.....	4069 0695
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 24/7.....	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
StandBy Bereavement Support Service.....	0459 299 147
Suicide Callback Service.....	1300 659 467
TI Women's Shelter.....	4069 1366
Veterans Counselling Service....	1800 011 046
Women's Domestic Violence Helpline.....	1800 811 811