

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

- 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 –

Tablelands Mental Health, Mareeba

Weekdays:
8.00am - 4.30pm
4092 9171

People rarely suicide in company – organise support and services

Flowchart developed by -

Dr Edward Koch
Foundation
Enquiries 07 4053 6757

Adapted from the
FNQ Suicide Prevention
Taskforce
Cairns Community
Flowchart

In an emergency

Ambulance/Fire/Police.....000

Policelink.....13 14 44

Chillagoe Hospital.....4094 7500

Clinic Operates

Mon – Fri

9 am - 12 pm

2 pm - 4 pm

Sat

10 am - 12 pm

Mareeba Hospital.....4092 9333

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."

Other options for referral & assistance

Alcohol Tobacco & Other Drugs Service4092 9365
Alcoholics Anonymous –	
Kuranda	4093 7599
Malanda.....	0488 977 254
Centacare Cairns.....	4044 0130
Dads in Distress.....	1300 853 437
Dimbulah Primary Healthcare.....	4094 5000
Dimbulah Community Centre (8:30am-3pm M-F).....	4093 5444
Elders Abuse Helpline.....	1300 651 192
headspace(Cairns).....	4041 3780
Julatten Comm./Counselling	4094 2037
Kuranda Neighbourhood Centre	4093 8933
Mareeba Comm./Indig. Health	4092 9100
Mareeba Community Centre & Youth Service.....	4092 1948
Mareeba Housing.....	4092 6899
Mental Health Carers Supportline Qld.....	1800 351 881
Mulungu Aboriginal Corp (Wellbeing).....	4092 3428
Parentline (8am-10pm, all days).....	1300 301 300
Pregnancy Counselling Link.....	1800 777 690
Relationships Australia.....	1300 364 277
Sexual Assault.....	1800 010 120
T'lands Sexual Assault Service.....	4091 4036
Women's Centre Atherton.....	4091 5100
Wuchopperen Outreach Centre.....	4091 1188
YETI.....	4051 4927
Youthlink.....	4031 6179

24 hour referral services:

13Health.....	1343 2584
Alcoholics Anonymous.....	1300 222 222
Alcohol & Drug Information Service.....	1800 177 833
beyondblue Supportline.....	1300 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 Serv.....	0439 722 266
Lifeline Australia.....	13 11 14
Mens Line Australia.....	1300 789 978
Poisons Information Centre.....	13 11 26
StandBy Bereavement Support Service.....	0459 299 147
Suicide Callback Service.....	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