

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

Agreeable to a referral at next possible time

REFER TO –

Acute Care Team (ACT) – Cairns 4226 3100

*Weekdays, Saturdays, Sundays and Public Holidays
8.00am – 10pm*

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

Child and Youth Mental Health (under 18) – Cairns 4226 3400

*Weekdays: 8.30am – 4.30pm
Other times as per ACT*

Weipa Hospital 4082 3900

Royal Flying Doctor Service (24 hours) 4040 0500

People rarely suicide in company – organise support and services.

In an emergency

Policelink.....131 444

Weipa Police.....4090 6000

**Emergency (Police/
Ambulance/ Fire).....000**

**Mobile phones with
no coverage.....112**

Weipa Hospital.....4082 3900

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 and assistance

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
Mental Health Carers Supportline Qld (Landline Only).....	1800 351 881
Parent Line (8am–10pm 7days).....	1300 301 300
Pregnancy Counselling Link.....	1800 777 690
Qld Association for Healthy Communities.....	1800 177 434
Relationships Australia.....	1300 364 277
Sexual Assault Helpline.....	1800 010 120
Western Cape College.....	4082 9333
Weipa Community Care.....	4069 9272
Weipa Hospital.....	4082 3900
Weipa Probation and Parole.....	4069 8129
Women’s Shelter Domestic Violence.....	4069 9272
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
Salvation Army.....	137 258
StandBy Bereavement Support Service.....	0459 299 147
Suicide Callback Service.....	1300 659 467
Veterans Counselling Service.....	1800 011 046
Women’s Domestic Violence Helpline.....	1800 811 811