

Normanton Suicide Prevention Flow Chart

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

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| <ul style="list-style-type: none"> • Are there any recent crises or stresses? (e.g. separation, loss of job, death of family member, fight with partner or with family) • Is there despair/hopelessness being expressed by the person? • Is the person receiving treatment for mental illness/emotional problems? | <ul style="list-style-type: none"> • 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 a means (e.g. gun) |
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The more “yes” answers the higher the risk

Also consider what protective factors do they have? People will rarely suicide in the presence of others.

Low Risk

Low risk DOES NOT mean no risk

Medium to High Risk

- Multiple risk factors present
- Active suicidal thoughts present

Options for phone support

Child Safety Service	1300 706 147
Children by Choice	1800 177 725
Commonwealth Respite/Carelink	1800 052 222
DV Connect Men’s Line	1800 600 636
Elder Abuse Helpline	1300 651 192
GriefLine	1300 845 745
Headspace - Cairns (12-25 years)	4041 3780
Headspace - Mt Isa (12-25 years)	4437 1300
Mental Health Carers Support	1800 351 881
National Debt Hotline	1800 007 007
NDIS (Disability Insurance Scheme)	1800 800 110
PANDA (Perinatal Mental Health)	1300 726 306
ParentLine	1800 301 300
Parents Beyond Breakup	1300 853 437
Pregnancy Counselling Link	1800 777 690
Relationships Australia	1300 364 277
Victims Counselling and Support	1300 139 703

24 Hour Support Services

13 Health	1343 25 84
1800Respect DV & Sexual Assault	1800 737 732
Alcohol & Drug Information Service	1800 177 833
Beyond blue Support Line	1300 224 636
Child Safety After Hours Service	1800 177 135
Family Drug Support	1300 368 186
Kids Helpline	1800 551 800
Lifeline Australia	13 11 14
Men’s Line Australia	1300 789 978
Open Arms (Veterans & Families)	1800 011 046
Poisons Information Centre	13 11 26
QLife (LGTBI)	1800 184 527
StandBy Crisis Mobile	0408 839 711
Suicide Callback Service	1300 659 467
WomensLine DV Connect	1800 811 811
Online Resources - https://www.emhprac.org.au	

Support Services

Assist to make contact
Doctor/Nurse/Health Worker/Family Wellbeing
Gidgee Healing Clinic 4769 7044
Normanton Hospital 4745 2100
Karumba Clinic 4747 6400
Mental Health Mt Isa 4744 7103
NWRH (Counsellor) 4747 8800
Centacare - 4745 1586
ATODS (Mt Isa) - 4744 9100
Save the Children 4745 1205
Normanton H.O.P.E 4745 1593/ 0438 979 994
RFDS - Children & Parents 0409 456 665/4040 0444
Normanton Recovery and Wellbeing Services 4745 2700
Ambulance 4745 1299
Police 4745 2555
Well Mob – Healing Our Way https://wellmob.org.au

In an Emergency

Immediately call

000

Stay with the person until help arrives if possible and safe to do so

Mobile Phones

112 if server does not have coverage

When ringing 000 ask for Police if violent, Ambulance if not. Say: “Hello, I have with me a person who is at HIGH RISK of SUICIDE”

It is better to call & things be ok – than not to call.

Mental Health Mt Isa (Queensland Health)
4744 7103

Normanton Hospital
4745 2100

PoliceLink
131 444

Normanton Police
4745 2555