

Responding to Suicide Risk - Flowchart

In case of an emergency, call 000. For more assistance at any point in this process call the QLD Health Acute Care Team on 1300 642 255 or Suicide Call Back 1300 659 467.

Step 1 – Start a conversation

A helpful way to start the conversation is by checking in on them: “I wanted to check in with you because you haven’t seemed yourself lately” OR “I’m really worried about you and what you said/wrote in your email/the message you left”.

Sometimes people can say things like: “I’ve had enough” OR “I can’t take this anymore”.

If there are signs that the person may be suicidal, progress to asking directly about suicidal thinking.

Step 2 – Enquire directly about suicidal thoughts

“Are you having thoughts about suicide?” OR “Are you thinking about killing yourself?”

NO

“No I am not”,

support and referral options.

Let the person know that there are a number of services that can provide support.

Consider problems and solutions – refer to JCU and external services that may be able to assist.

YES

This person is experiencing a mental health crisis and needs to be referred to a specialist

