



# Risk Assessment and Management Plan

## For all Risk Levels:

- Engage client and explain confidentiality
- Engage with family and social supports
- Use interpreters and Aboriginal Mental Health Workers as appropriate

## High Risk

Combined Risk Factors

Intent, Plan, Access to lethal means

### ENSURE PATIENT HAS A SAFER PLAN

- Refer to the On-call Team on **8999 4988** or private psychiatrist for Same Day Assessment
- *When calling let staff know that it is a patient with a HIGH RISK OF SUICIDE, give details of mental state examination and level of planning, method and intent. Request what outcomes you want from Top End Mental Health Services.*
- If unable to implement a SAFER plan send to Emergency Department, organise transport to Tamarind Centre or get On-call team to come on site.
- Follow up outcome of assessment with Top End Mental Health Services to determine if will be treated within primary or mental health care setting.

Bill for 2713 (Mental Health Consultation)

## Medium Risk

Combined Risk Factors

Ideation and Intent but no Plan

### ENSURE PATIENT HAS A SAFER PLAN

- Discuss options for treatment and assistance to assist patient with specific risk areas. These could include primary health, psychological, pharmacological or community welfare interventions. This could include an assessment by a psychiatrist if required.
- Assist patient to identify their own support networks and resilience structures.
- Prepare a mental health care plan if appropriate.
- Be sure to arrange a crisis plan.
- Arrange for a follow up appointment in the next week.

Bill for 2713 (Mental Health Consultation)  
OR  
2710 (Mental Health Care Plan)

## Low Risk

Combined Risk Factors

No Current Ideation

### ENSURE PATIENT HAS A SAFER PLAN

Early intervention options include:

- Discussing and reinforcing protective factors.
- Offering advice, support and referrals for risk factors.
- Arranging a follow up appointment or letting the patient know that they can come back at any time.

Bill for 2713 (Mental Health Consultation)  
OR  
2710 (Mental Health Care Plan)

**Do not send patient out of clinic unless they have a Safer Plan**

**S**upervision and Social Support

**A**ppointment Given

**F**ollow up Treatment Arranged

**E**ngagement with your Plan

**R**esolution or Partial Resolution of the Crisis

COMMUNITY SECTOR

PRIMARY HEALTH

MENTAL HEALTH

NGO's should work with GP's to ensure that patients needs for mental health care planning are met.

Specialist Mental Health Services and GPs should work together to ensure client needs are met

Managed in Community (Adult Team)

Decide if inpatient or community

Admit to inpatient

REFER TO COMMUNITY SECTOR:  
Bill for 2713

- AOD services
- Relationship Counseling
- Family counseling
- Youth Services
- Financial Counseling
- Legal Assistance
- Domestic Violence Counseling
- Youth Services

Yes

Low Risk:  
Prepare Mental Health plan?

No

GP Assess Risk

High Risk:  
Refer to Oncall Team (Top End-Mental Health Services)

Medium Risk:  
Prepare Mental health care plan

Asses and determine if Top End Mental Health Services patient

Yes

No

Return to GP care with information on assessment

MH Care plan includes assessment, referral, crisis planning and psycho education 2710

Refer under Better Access: Psychologist MH Social Worker ATAPS

MH review 2712/2713

→ Formal Referral  
→ Formal Flow of Information