



# The Cairns Community Flow Chart



*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 -

**Acute Care Team (ACT) 24/7  
4226 3100**

After hours, number will be forwarded to Cairns Hospital who will contact the ACT.

**Child and Youth Mental Health (under 18)**

Weekdays:  
8.00am-4.30pm  
**4226 3400**  
Other times as per ACT

**Client's private practitioner if applicable**

**PEOPLE RARELY SUICIDE IN COMPANY – ORGANISE SUPPORT AND SERVICES**

### In an emergency

Emergency –  
Ambulance/Fire/Police.....000

Ambulance –  
Non-emergency.....131 233

Cairns Hospital....4226 000

Policelink .....131 444

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.”*

**Suicide Prevention Resource Unit**

**Dr Edward Koch Foundation,  
6A Aplin Street, Cairns**  
The unit is for use by students, health professionals, counselors and other interested community members.

**Flowchart developed by –  
FNQ Suicide Prevention Taskforce  
Dr Edward Koch Foundation  
Enquiries 07 4031 0145**

### Other options for referral & assistance

ATODS.....	4226 3900
Cairns Integrated Adult Mental Hlth Service....	4226 3100
Cairns Private Hospital.....	4052 5200
Cairns Regional Domestic Violence Serv.....	4033 6100
Carinity Youth - Haralds House.....	0408 770 899
Centacare.....	4044 0130
Community Health Centres -	
Cairns.....	4226 7623
Smithfield.....	4226 4800
Edmonton.....	4226 4900
Commonwealth Respite/Carelink Centre.....	1800 052 222
Dads in Distress.....	1300 853 437
DV Connect Mensline.....	1800 600 636
Elder Abuse Helpline(9am-5pm M-F).....	1300 651 192
Gay & Lesbian Helpline (5.30-10.30pm M-F).....	800 184 527
headspace (Cairns) .....	4041 3780
Mental Health Carers Supportline Qld (landlines only) .....	1800 351 881
Parent Line (8am-10pm 7 days).....	1300 30 1300
Pregnancy Counselling Link.....	1800 777 690
Qld Aids Council.....	1800 177 434
Relationships Australia.....	1300 364 277
School Guidance Officers and Nurses.....	contact schools
Sexual Assault Helpline .....	1800 010 120
Uniting Care Cty Financial First Aid 9.30-4.30 M-F.....	1800 007 007
Gambling Helpline 24/7.....	1800 858 858
Victims Counselling & Support 24/7.....	1300 139 703
Wuchopperen Health Service .....	4080 1000
YETI.....	4051 4927
YouthLink.....	4031 6179
<b>24 hour referral services:</b>	
13Health.....	1343 2584
Alcohol & Drug Information Serv .....	1800 177 833
Bereaved by Suicide?Salvo Care Line.....	1300 363622
StandBy Bereavement Support Service .....	0459 299 147
Life Bereavement Support Service.....	0439 722 266
Suicide CallbackService.....	1300 659 467
beyondblue Supportline.....	1300 224 636
Child Safety Services.....	1800 177 135
Family Drug Support 24/7.....	1300 368 186
Kids Helpline.....	1800 55 1800
Lifeline Australia.....	131 114
Mens Line Australia.....	1300 789 978
Poisons Information Centre.....	13 11 26
Veterans Counselling Service.....	1800 011 046
Women's Domestic Violence Helpline.....	1800 811 811