

The Kowanyama 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

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| <ul style="list-style-type: none"> • 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? | <ul style="list-style-type: none"> • 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)? |
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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)

Weekdays, Saturdays, Sundays and Public Holidays.

8.00am – 10pm
4226 3100

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

Child and Youth Mental Health CYMS (under 18)

Weekdays:
8.30am – 5.00pm
4226 3400
Other times as per ACT

Kowanyama Health Care Clinic
4083 7600

Client's private practitioner if applicable

PEOPLE RARELY SUICIDE IN COMPANY – ORGANISE SUPPORT AND SERVICES

In an emergency

Policelink.....131 444

Kowanyama Police..... 4050 7676

Police Emergency.....000

Mobile phones with no coverage.....112

Ambulance000

Kowanyama Health Clinic.....4083 7600

*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 –
FNQ Suicide Prevention Taskforce
Dr Edward Koch Foundation Enquiries
0409 765 305*

Other options for referral & assistance

Apunipima.....4037 7100
ATODS.....4226 3900
Cairns Mental Health Service.....4226 3100
Dads in Distress.....1300 853 437
Elder Abuse Helpline.....1300 651 192
Home & Community Care (HACC)4060 5186
headspace(Cairns).....4041 3780
Kowanyama School.....4083 7333
Kowanyama Women's Shelter...0400382085
Mental Health Carers ARAFMI
Qld Inc Supportline.....1800 351 881
DV Connect Mensline.....1800 600 636
Parent Line 8am-10pm all days. 1300 301 300
Qld. Aids Council.....1800 177 434
Pregnancy Counselling Link.....1800 777 690
Relationships Australia.....1300 364 277
Sexual Assault Helpline1800 010 120
Women's & Children's Services
& Women's Shelter.....0418 187 380
YETI.....4051 4927
YouthLink.....4031 6179
24 hour referral services:
13Health.....1343 2584
Alcoholics Anonymous.....1300 222 222
Alcohol & Drug Information Serv.....1800 177 833
ARAFMI Ltd (Mental Health Carers).....1300 554 660
beyondblue Supportline.....1300 224 636
Cairns Crisis Intervention/Service Access/
Referral/Community Mental Health.....1300 642 255
Child SafetyServices.....1800 177 135
Christian Channel Careline Team.....1300 302 170
Family Drug
Support.....1300 368 186
Gambling Helpline Uniting Care.....1800 858 858
headspace (9:00am-1:00am).....1800 650 890
Kids Helpline.....1800 551 800
Lifeline (lifeline.org.au – link to chat).....13 11 14
Mens Line Australia.....1300 789 978
Open Arms Veterans & Families
Counselling.....1800 011 046
Poisons Information Centre.....13 11 26
Salvation Army.....1800 913 917
StandBy Support After Suicide.....0459 299 147
Suicide CallbackService.....1300 659 467
Victims Counselling Support.....1300 139 703
Women's Domestic Violence Helpline (DV Connect).....1800 811 811
Women's Domestic Violence
Counselling.....1800 737 722