

# The Mission Beach to Tully 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 –

**Community Mental Health Tully, C/- Tully Hospital (services from Bilyana to El Arish)**

Weekdays:  
8.00am-4.30pm  
**4068 4111**

Outside of the above times,  
phone –

**Tully Hospital.....4061 5985**

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**

**Tully Hospital.....4068 4144**

**Policelink.....131 444**

**Police - Mission Beach...4068 8422  
Silkwood.....4061 5985  
Tully.....4068 4000**

**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"*

*Flowchart developed by -*

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*Adapted from the  
FNQ Suicide Prevention Taskforce  
Cairns Community Flowchart*

### Other options for referral & assistance

Cairns Adult Mental Health Service...4226 3100  
Cardwell Family Practice.....4066 8533  
Community Health Service -  
Mission Beach.....4068 9722  
Tully.....4068 4101  
Dads in Distress.....1300 853 437  
DV Connect Mensline.....1800 600 636  
Elder Abuse Helpline.....1300 651 192  
Girringun Aboriginal Corp.....4066 8300  
headspace(Cairns).....4041 3780  
Mental Health Carers  
ARAFMI Qld Inc Supportline....1800 351 881  
Mission Beach Medical Centre.....4068 8174  
Parent Line (8am-10pm 7days)....1300 301 300  
Pregnancy Counselling Link.....1800 777 690  
Qld Aids Council.....1800 177 434  
Relationships Australia .....1300 364 277  
Sexual Assault.....1800 010 120  
Tully Medical Centre.....4068 1977  
Tully High School.....4068 4555  
YETI, Cairns.....4051 4927  
YouthLink, Cairns.....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 Safety Services.....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