

The Mossman/Port Douglas 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)?

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 (under 18)

Weekdays:

8.30am-5.00 **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

Policelink.....131 444

Police Mossman4098 2177

Police Port Douglas.....4087 1999

Mossman Hospital....4084 1200

Police/Ambulance/ Emergency.....000

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
 Dads in Distress.....1300 853 437
 DV Connect Mensline.....1800 600 636
 Elder Abuse Helpline.....1300 651 192
 headspace (Cairns)[12-25 yrs].....4041 3780
 Mossman Multi Purpose Health Service/
 Mossman Hospital4084 1200
 Mossman Elder's Justice Group.....4098 3482
 Mossman/ Port Village Medical Centre.....4098 1248
 Mossman Gorge Primary Healthcare Clinic ..4037 7380
 Mossman State School (Prep-6)4099 9333
 Mossman State High School4084 1333
 Parent Line (8am-midnight 7 days).....1300 301 300
 Pregnancy Counselling Link.....1800 777 690
 Qld Aids Council.....1800 177 434
 Relationships Australia.....1300 364 277
 Sexual Assault Helpline (7.30am-11.30pm 7 days)
1800 010 120
 YETI.....4051 4927
 YouthLink.....4031 6179

24 hour referral services:

13Health.....13 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