

The Northern Peninsula Area 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

- Is everything alright in your life?
- 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 –

NPA Mental Health and

ATODS.....4090 4270

Bamaga Hospital.....4069 3166

People rarely suicide in company – organise support and services

In an emergency

Policelink.....131 444

Bamaga Police.....4090 4500

Bamaga Hospital (emergency only)...4069 3166

Emergency (Police/ Ambulance/ Fire).....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".*

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

Other options for referral & assistance

Bamaga Hospital.....	4069 3166
Bamaga Primary Health Care.....	4069 3200
Dads in Distress.....	1300 853 437
DV Connect Mensline.....	1800 600 636
Elder Abuse Helpline (9 am to 5 pm M-F).....	1300 651 192
headspace(Cairns).....	4041 3780
Injinoo GP Service.....	40693817
Mental Health Carers Supportline Qld (Landline Only).....	1800 351 881
Nai Beguta.....	4069 3408
NPA Family & Comm Services	4212 2000
NPA Healing Centre	4212 2300
NPA Women's Shelter	4212 2200
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 Helpline.....	1800 010 120
TI Mental Health.....	4069 0695
YETI.....	4212 2000
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 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