

The Southern Tablelands 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 –

Tablelands District Mental Health Service Atherton
Weekdays:
8.00am-4.30pm
4091 0213

People rarely suicide in company – organise support and services

In an emergency

Ambulance/Fire/Police.....000
Policelink.....131 444
Atherton Hospital....4091 0211
Herberton Hospital.. 4096 1000
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

Alcohol, Tobacco and Other Drugs Service (ATODS).....	4092 9365
Alcoholics Anonymous – Malanda (8am-12pm M-F).....	0488 977 254
Community Health Centres:	
Atherton (call back).....	4091 0263
Malanda.....	4096 5339
Millaa Millaa.....	4097 2339
Mt Garnet OPD.....	4097 4800
Ravenshoe.....	4097 6223
Dads in Distress.....	1300 853 437
DV Connect Mensline.....	1800 600 636
Elder Abuse Helpline.....	1300 651 192
Eacham Community Help (ECHO).....	4096 6950
Headspace (Cairns).....	4041 3780
Mamu Health Service, Ravenshoe.....	4043 5200
Mental Health Carers Supportline Qld (landlines Only).....	1800 351 881
Parentline (8am-10pm 7days).....	1300 301 300
Pregnancy Counselling Link.....	1800 777 690
Relationships Australia.....	1300 364 277
Salvation Army, Atherton.....	0418 722 250
Sexual Assault Helpline.....	1800 010 120
T'lands Counselling/Support.....	4091 3850
T'lands Sexual Assault Service.....	4091 4036
Women's Centre Atherton.....	4091 5100
Yabu Mija Aboriginal Corp (9am-2pm M-F).....	4097 7100
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 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