

# The Wujal Wujal 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 –

#### Acute Care Team (ACT)

*Weekdays, Saturdays, Sundays and Public Holidays*

8.00 am – 10 pm  
**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)

*Monthly service*  
**4083 9000**

*Other times as per ACT*

#### Wujal Wujal Primary Health Care Centre

**4083 9000**

#### Cooktown Hospital Mental Health

**07 4043 0190**

**Client's private practitioner if applicable**

**PEOPLE RARELY SUICIDE IN COMPANY – ORGANISE SUPPORT AND SERVICES**

### In an emergency

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

**Wujal Wujal Police..4060 8101**

**Police Emergency.....000**

**Mobile phones with no coverage.....112**

**Ambulance .....000**

*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
Bloomfield River School.....	4060 8134
Cooktown Community Health.....	4043 0170
Cooktown Multi Purpose Health Centre.....	4043 0100
Cooktown Comm. Mental Health.....	4043 0190
Dads in Distress.....	1300 853 437
DV Connect Mensline (9am-midnight).....	1800 600 636
Elder Abuse Helpline.....	1300 651 192
headspace(Cairns).....	4041 3780
Justice Group.....	0428 291 359
Life Promotion Officer.....	4060 9212
Mental Health Carers Supportline (landlines only).....	1800 351 881
Parent Line (8am-10pm,7 days).....	1300 301 300
Pregnancy Counselling Link.....	1800 777 690
Queensland Aids Council.....	1800 177 434
Qlife Helpline (2pm-midnight M-F).....	1800 184 527
Relationships Australia.....	1300 364 277
Sexual Assault Helpline (7 :30am-11 :30pm 7 days).....	1800 010 120
Uniting Care.....	1300 096 203
National Debt Helpline (9 :30am-4 :30pm M-F).....	1800 007 007
Wujal Wujal Health Clinic.....	4083 9000
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