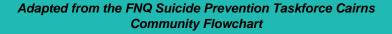
## **The Cardwell Community Flow Chart**

	A guide for individuals workin	g with people at risk of self-harm and suicide	
Que	estions to use to assess lev	vel of risk and to help decide where to refer	
<ul> <li>Are there recent crises or stresses?</li> <li>Is despair/hopelessness being expressed by the person?</li> <li>Is the person receiving treatment for mental / emotional problems?</li> <li>Is there abuse of drugs or alcohol?</li> </ul>		<ul> <li>Is there a family history of suicide?</li> <li>Have there been past suicide attempts?</li> <li>Are they thinking about suicide?</li> <li>Have they a suicide plan?</li> <li>Do they have access to means (e.g. gun)?</li> <li>What protective factors do they have?</li> </ul>	
Medium to High Risk		Low Risk	
<ul> <li>Multiple risk factors present (consider answers to the above questions)</li> <li>Active suicidal thoughts present</li> </ul>		Low Risk DOES NOT MEAN No Risk	
Agreeable to a referral	In an emergency	Other options for referral & assist	anco
at next possible time			
	Emergency – 000	Apunipima Cape York Health Council	4037 7100 4226 3900
REFER TO -	Ambulance	ATODS Cairns Adult Mental Health Service	4226 3900
Weekdays:	Fire Police		4226 3100
8.00am - 5.00pm	Police	Cardwell Family Practice	1300 684 062
Cardwell Family Practice	Ambulance –	Child Safety FNQ Regional Intake Serv (9-5 M-F)	1300 004 002
Ph: 4066 8533		Community Health Service-	4068 4101
Cardwell Community Health Centre	Non-emergency 131 233	Tully Ingham	4720 3050
Ph: 4063 6300	Ingham 4720 3000	Connect to Wellbeing	1300 020 390
Ingham Mental Health	ingnam 4720 3000	Dads in Distress	1300 853 437
Ph: 4720 3035	Policelink 131 444	DV Connect Mensline (9am-midnight – 7 days)	1800 600 636
Tully Mental Health	Police	Elder Abuse Helpline (9am-5pm M-F)	1300 651 192
Ph: 4068 4111	Cardwell 4061 5990	Girrringun Aboriginal Corp	4066 8300
Client's private practitioner	Ingham 4776 9777	Grandparents in Distress	1300 853 437
if applicable	Tully 4068 4000	LGBTI Health	1800 177 434
ii upplicubic	Mobile phones with	Mamu Health Service, Tully	4068 0000
Outside of the above times -	no coverage 112	Mums in Distress	1300 853 437
Ingham Hospital		National Debt Helpline (9.30am-4.30pm M-F)	1800 007 007
Ph: 4720 3000	When making a referral, the	Parent Line (8am-10pm 7 days)	1300 301 300
Go to hospital ED	following should be said:	Pregnancy Counselling Link	1800 777 690
Townsville Acute Care Team	"Hello, I'm from	Qlife Helpline (3.00pm-midnight Daily)	1800 184 527
Ph: 1300 642 255	"I have a person with me	Ramsay Health	4050 7000
	who is at	Red Cross Accommodation (Townsville)	07 3333 8722
PEOPLE RARELY	HIGH RISK OF SUICIDE."	Relationships Australia (8.30am-4.30pm)	1300 364 277
SUICIDE IN COMPANY -		Salvation Army	4041 7229
ORGANISE SUPPORT	Flowchart developed by –	School Guidance Officers and Nurses	contact schools
AND SERVICES	FNQ Suicide Prevention Taskforce	Sexual Assault Helpline 7.30am-11.30pm 7 days	1800 010 120
	Dr Edward Koch Foundation	Tully Medical Centre	4068 1977
	Enquiries 0409 765 305	Tully Support Centre	4068 1004
24 hour referral services:		Uniting Care (Cns, Tvlle, Mackay)	1300 096 203
		Wellways Carer Gateway Service (6am-10pm)	1800 422 737
13Health 1343 2584		Womens Domestic Violence (DV Connect) Helpline	1800 811 811

13Health	1343 2584
Alcoholics Anonymous	1300 222 222
Alcohol & Drug Information	1800 177 833
ARAFMI Ltd (Mental Health	1300 554 660
beyondblue Supportline	1300 224 636
Cairns Crisis Intervention/Service Access/	
Referral/Community Mental Health	1300 642 255
Child Safety Youth &	1800 177 135
Domestic V Women's Line	1800 811 811
eheadspace (9.00am-1.00am)	1800 650 890
Family Drug Support	1300 368 186
Gambling Helpline	1800 858 858
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
StandBy Support After Suicide	1300 727 247
Suicide CallbackService	1300 659 467
Victims Counselling & Support	1300 139 703





Wuchopperen Health Service

YETI YouthLink 4080 1000 4051 4927 4031 6179