

The Cardwell 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

<ul style="list-style-type: none"> Are there recent crises or stresses? Is despair/hopelessness being expressed by the person? Is the person receiving treatment for mental / emotional problems? Is there abuse of drugs or alcohol? 	<ul style="list-style-type: none"> 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?
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<p>Medium to High Risk</p> <ul style="list-style-type: none"> * Multiple risk factors present (consider answers to the above questions) * Active suicidal thoughts present 	<p>Low Risk</p> <p>Low Risk DOES NOT MEAN No Risk</p>
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Agreeable to a referral at next possible time	In an emergency	Other options for referral & assistance																																																																					
<p>REFER TO -</p> <p>Weekdays: 8.00am - 5.00pm</p> <p>Cardwell Family Practice Ph: 4066 8533</p> <p>Cardwell Community Health Centre Ph: 4063 6300</p> <p>Ingham Mental Health Ph: 4720 3035</p> <p>Tully Mental Health Ph: 4068 4111</p> <p>Client's private practitioner if applicable</p> <p>Outside of the above times - Ingham Hospital Ph: 4720 3000</p> <p>Go to hospital ED</p> <p>Townsville Acute Care Team Ph: 1300 642 255</p> <p>PEOPLE RARELY SUICIDE IN COMPANY - ORGANISE SUPPORT AND SERVICES</p>	<p>Emergency – 000</p> <p>Fire</p> <p>Police</p> <p>Ambulance – Non-emergency 131 233</p> <p>Ingham 4720 3000</p> <p>Policelink 131 444</p> <p>Police</p> <p>Cardwell 4061 5990</p> <p>Ingham 4776 9777</p> <p>Tully 4068 4000</p> <p>Mobile phones with no coverage 112</p> <p><i>When making a referral, the following should be said:</i></p> <p><i>"Hello, I'm from"</i></p> <p><i>"I have a person with me who is at HIGH RISK OF SUICIDE."</i></p> <p>Flowchart developed by – FNQ Suicide Prevention Taskforce Dr Edward Koch Foundation Enquiries 0409 765 305</p>	<table border="1"> <tr><td>Apunipima Cape York Health Council</td><td>4037 7100</td></tr> <tr><td>ATODS</td><td>4226 3900</td></tr> <tr><td>Cairns Adult Mental Health Service</td><td>4226 3100</td></tr> <tr><td>Cardwell Family Practice</td><td>4066 8533</td></tr> <tr><td>Child Safety FNQ Regional Intake Serv (9-5 M-F)</td><td>1300 684 062</td></tr> <tr><td>Community Health Service- Tully</td><td>4068 4101</td></tr> <tr><td>Ingham</td><td>4720 3050</td></tr> <tr><td>Connect to Wellbeing</td><td>1300 020 390</td></tr> <tr><td>Dads in Distress</td><td>1300 853 437</td></tr> <tr><td>DV Connect Mensline (9am-midnight – 7 days)</td><td>1800 600 636</td></tr> <tr><td>Elder Abuse Helpline (9am-5pm M-F)</td><td>1300 651 192</td></tr> <tr><td>Girringun Aboriginal Corp</td><td>4066 8300</td></tr> <tr><td>Grandparents in Distress</td><td>1300 853 437</td></tr> <tr><td>LGBTI Health</td><td>1800 177 434</td></tr> <tr><td>Mamu Health Service, Tully</td><td>4068 0000</td></tr> <tr><td>Mums in Distress</td><td>1300 853 437</td></tr> <tr><td>National Debt Helpline (9.30am-4.30pm M-F)</td><td>1800 007 007</td></tr> <tr><td>Parent Line (8am-10pm 7 days)</td><td>1300 301 300</td></tr> <tr><td>Pregnancy Counselling Link</td><td>1800 777 690</td></tr> <tr><td>Qlife Helpline (3.00pm-midnight Daily)</td><td>1800 184 527</td></tr> <tr><td>Ramsay Health</td><td>4050 7000</td></tr> <tr><td>Red Cross Accommodation (Townsville)</td><td>07 3333 8722</td></tr> <tr><td>Relationships Australia (8.30am-4.30pm)</td><td>1300 364 277</td></tr> <tr><td>Salvation Army</td><td>4041 7229</td></tr> <tr><td>School Guidance Officers and Nurses</td><td>contact schools</td></tr> <tr><td>Sexual Assault Helpline 7.30am-11.30pm 7 days</td><td>1800 010 120</td></tr> <tr><td>Tully Medical Centre</td><td>4068 1977</td></tr> <tr><td>Tully Support Centre</td><td>4068 1004</td></tr> <tr><td>Uniting Care (Cns, Tville, Mackay)</td><td>1300 096 203</td></tr> <tr><td>Wellways Carer Gateway Service (6am-10pm)</td><td>1800 422 737</td></tr> <tr><td>Womens Domestic Violence (DV Connect) Helpline</td><td>1800 811 811</td></tr> <tr><td>Wuchopperen Health Service</td><td>4080 1000</td></tr> <tr><td>YETI</td><td>4051 4927</td></tr> <tr><td>YouthLink</td><td>4031 6179</td></tr> </table>		Apunipima Cape York Health Council	4037 7100	ATODS	4226 3900	Cairns Adult Mental Health Service	4226 3100	Cardwell Family Practice	4066 8533	Child Safety FNQ Regional Intake Serv (9-5 M-F)	1300 684 062	Community Health Service- Tully	4068 4101	Ingham	4720 3050	Connect to Wellbeing	1300 020 390	Dads in Distress	1300 853 437	DV Connect Mensline (9am-midnight – 7 days)	1800 600 636	Elder Abuse Helpline (9am-5pm M-F)	1300 651 192	Girringun Aboriginal Corp	4066 8300	Grandparents in Distress	1300 853 437	LGBTI Health	1800 177 434	Mamu Health Service, Tully	4068 0000	Mums in Distress	1300 853 437	National Debt Helpline (9.30am-4.30pm M-F)	1800 007 007	Parent Line (8am-10pm 7 days)	1300 301 300	Pregnancy Counselling Link	1800 777 690	Qlife Helpline (3.00pm-midnight Daily)	1800 184 527	Ramsay Health	4050 7000	Red Cross Accommodation (Townsville)	07 3333 8722	Relationships Australia (8.30am-4.30pm)	1300 364 277	Salvation Army	4041 7229	School Guidance Officers and Nurses	contact schools	Sexual Assault Helpline 7.30am-11.30pm 7 days	1800 010 120	Tully Medical Centre	4068 1977	Tully Support Centre	4068 1004	Uniting Care (Cns, Tville, Mackay)	1300 096 203	Wellways Carer Gateway Service (6am-10pm)	1800 422 737	Womens Domestic Violence (DV Connect) Helpline	1800 811 811	Wuchopperen Health Service	4080 1000	YETI	4051 4927	YouthLink	4031 6179
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Adapted from the FNQ Suicide Prevention Taskforce Cairns Community Flowchart



The Dr Edward Koch Foundation

