

# The Babinda 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"> <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 illness / emotional problems?</li> <li>Is there abuse of drugs or alcohol?</li> </ul>	<ul style="list-style-type: none"> <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 style="list-style-type: none"> <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 at next possible time	In an emergency	Other options for referral & assistance																																																						
<p><b>REFER TO -</b>  <b>Community Mental Health Service, Innisfail</b>                      Weekdays:                      8.00am - 4.30pm  <b>Ph: 07 4016 1327</b></p> <p>Outside of the above times - present at Innisfail Hospital, Rankin St. or phone the Central Intake Service  <b>Ph: 1300 642 255</b></p> <p>Adult, Child and Youth Mental health (under 18)                      Weekdays:                      8.00am - 4.30pm  <b>Ph: 07 4016 1327</b></p> <p>Client's private practitioner if applicable</p> <p><b>PEOPLE RARELY SUICIDE IN COMPANY - ORGANISE SUPPORT AND SERVICES</b></p>	<p><b>Emergency – 000</b>  <b>Ambulance....Fire..... Police</b></p> <p><b>Ambulance – Non-emergency 131 233</b></p> <p><b>HOSPITALS</b>  <b>Babinda 4067 8200</b>  <b>Cairns 4226 0000</b>  <b>Innisfail 4016 1411</b></p> <p><b>Policelink 131 444</b></p> <p><b>POLICE</b>  <b>Babinda 4061 5999</b>  <b>Innisfail 4061 5777</b></p> <p><b>Fire Station Babinda 4061 0610</b></p> <p><b>Mobile phones with NO COVERAGE 112</b></p> <p><i>When making a referral, the following should be said:</i>  <b>"Hello, I'm ..... from ....."</b>  <b>"I have a person with me who is at HIGH RISK OF SUICIDE."</b></p> <p><i>Flowchart developed by –</i>  <b>FNQ Suicide Prevention</b>  <b>Dr Edward Koch Foundation</b>  <b>Enquiries 0409 765 305</b></p>	<table border="1"> <tr><td>ATODS</td><td>4226 3900</td></tr> <tr><td>Babinda Multi-purpose Health Centre</td><td>4067 8800</td></tr> <tr><td>Child Safety FNQ Regional Intake Serv (9-5 M-F)</td><td>1300 684 062</td></tr> <tr><td>Community Support Centre Innisfail</td><td>4043 8400</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>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 Services Babinda (8:30-5:00 M - F)</td><td>4067 1366</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>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><b>contact schools</b></td></tr> <tr><td>Sexual Assault Helpline 7.30am-11.30pm 7 days</td><td>1800 010 120</td></tr> <tr><td>Uniting Care (Cns, Tvlle, 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>	ATODS	4226 3900	Babinda Multi-purpose Health Centre	4067 8800	Child Safety FNQ Regional Intake Serv (9-5 M-F)	1300 684 062	Community Support Centre Innisfail	4043 8400	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	Grandparents in Distress	1300 853 437	LGBTI Health	1800 177 434	Mamu Health Services Babinda (8:30-5:00 M - F)	4067 1366	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	Relationships Australia (8.30am-4.30pm)	1300 364 277	Salvation Army	4041 7229	School Guidance Officers and Nurses	<b>contact schools</b>	Sexual Assault Helpline 7.30am-11.30pm 7 days	1800 010 120	Uniting Care (Cns, Tvlle, 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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24 hour referral services:	
13Health	1343 2584
Alcoholics Anonymous	1300 222 222
Alcohol & Drug Information Service	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 Youth & Women	1800 177 135
Christian Channel Careline Team	1300 302 170
DV Women's Line Qld (DV Connect)	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
Salvation Army	1800 913 917
StandBy Support After Suicide	1300 727 247
Suicide CallbackService	1300 659 467
Victims Counselling & Support	1300 139 703
Youth and family Care - Innisfail	4061 2778

Adapted from the FNQ Suicide Prevention Taskforce Cairns Community Flowchart



The Dr Edward Koch Foundation