

The Mossman/Port Douglas 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)?

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

8.00am-10pm
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)

Weekdays:
8.30am-5.00pm
4226 3400

Other times as per ACT

Client's private practitioner
if applicable

People rarely suicide in
company – organise
support and services

In an emergency

Policelink.....131 444

Police Mossman4098 2177

Police Port
Douglas.....4087 1999

Mossman Hospital....4084 1200

Police/Ambulance/
Emergency.....000

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."*

Flowchart developed by -
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*Adapted from the
FNQ Suicide Prevention
Taskforce
Cairns Community Flowchart*

Other options for referral & assistance

Cairns Adult Mental Health Service.....4226 3100
Dads in Distress.....1300 853 437
DV Connect Mensline.....1800 600 636
Elder Abuse Helpline.....1300 651 192
headspace (Cairns)[12-25 yrs].....4041 3780
Mossman Multi Purpose Health Service/
Mossman Hospital4084 1200
Mossman Elder's Justice Group.....4098 3482
Mossman/ Port Village Medical Centre.....4098 1248
Mossman Gorge Primary Healthcare Clinic ..4037 7380
Mossman State School (Prep-6)4099 9333
Mossman State High School4084 1333
Parent Line (8am-midnight 7days).....1300 301 300
Pregnancy Counselling Link.....1800 777 690
Qld Aids Council.....1800 177 434
Relationships Australia.....1300 364 277
Sexual Assault Helpline (7.30am-11.30pm 7 days)
.....1800 010 120
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
beyondblue Supportline.....1300 224 636
Cairns Integrated Adult Mental
HealthServ.....1300 642 255
Child Safety Services.....1800 177 135
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
Life Bereavement Support Service...0439 722 266
Lifeline Australia.....131 114
Mens Line Australia.....1300 789 978
Poisons Information Centre.....13 11 26
StandBy Support After Suicide.....0459 299 147
Suicide Callback Service.....1300 659 467
Veterans Counselling Service.....1800 011 046
Victims Counselling and Support....1300 139 703
Women's Domestic Violence
Helpline.....1800 811 811
Women's Domestic Violence
Counselling.....1800 737 722