

# The Northern Tablelands 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)?
- 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 –

**Tablelands Mental Health, Mareeba**

*Weekdays:*  
8.00am - 4.30pm  
**4092 9171**

**People rarely suicide in company – organise support and services**

### In an emergency

**Ambulance/Fire/Police.....000**  
**Policelink.....13 1444**  
**Chillagoe Hospital.....4094 7500**

*Clinic Operates*

*Mon – Fri*

*9 am - 12 pm Sat 10am-12pm*

*2 pm - 4 pm Sun 10am -12pm*

*PH 10am-12pm*

**Mareeba Hospital.....4092 9333**

**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

Alcohol Tobacco & Other Drugs Service ... ..4092 9365  
Alcoholics Anonymous –  
Kuranda ..... 4093 7599  
Malanda.....0488 977 254  
Centacare Cairns.....4044 0130  
Dads in Distress.....1300 853 437  
Dimbulah Primary Healthcare..... 4094 5000  
Dimbulah Community Centre (8:30am-3pm M-F).....4093 5444  
Elders Abuse Helpline.....1300 651 192  
headspace(Cairns).....4041 3780  
Julatten Comm./Counselling .....4094 2037  
Kuranda Neighbourhood Centre .....4093 8933  
Mareeba Comm./Indig. Health .....4092 9100  
Mareeba Community Centre .....4092 1948  
Mareeba Housing.....4092 6899  
Mental Health Carers Supportline Qld.....1800 351 881  
Mulungu Aboriginal Corp (Wellbeing).....4092 3428  
Parentline (8am-10pm, all days).....1300 301 300  
Pregnancy Counselling Link.....1800 777 690  
Relationships Australia.....1300 364 277  
Sexual Assault.....1800 010 120  
T'lands Sexual Assault Service..... 4091 4036  
Women's Centre Atherton.....4091 5100  
Wuchopperen Outreach Centre.....4091 1188  
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