



# The Kowanyama 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  
**42263100**

Outside of the above times, phone Cairns Base 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

Kowanyama Health Care Clinic  
**4083 7600**

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

### In an emergency

- Policelink.....131 444
- Kowanyama Police..... 4060 5120
- Police Emergency.....000
- Mobile phones with no coverage.....112
- Ambulance .....000
- Kowanyama Health Clinic.....4083 7600

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 Integrated Mental Health Service.....4226 3100
- Dads in Distress.....1300 853 437
- Elder Abuse Helpline.....1300 651 192
- HACC Centre.....4060 5186
- headspace(Cairns).....4041 3780
- Kowanyama School.....4083 7333
- Kowanyama Women's Shelter.....0400382085
- Mental Health Carers ARAFMI Qld Inc Supportline.....1800 351 881
- DV Connect Mensline.....1800 600 636
- Parent Line (8am-10pm, all days).....1300 301 300
- Qld Association for Healthy Communities.....1800 177 434
- Pregnancy Counselling Link.....1800 777 690
- Relationships Australia.....1300 364 277
- Sexual Assault.....1800 010 120
- Women's & Children's Services & Women's Shelter.....0418 187 380
- YETI.....4051 4927
- YouthLink.....4031 6179
- Mental Health Carers ARAFMI Qld Inc Supportline.....1800 351 881

#### 24 hour referral services:

- 13Health.....1343 2584
- Alcohol & Drug Information Service.....1800 177 833
- Bereaved by Suicide.....1300 467 354
- beyondblue Supportline.....1300 224 636
- Child Safety Services.....1800 177 135
- Family Drug Support.....1300 368 186
- 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.....131 126
- Salvo Care Line.....1300 363 622
- StandBy.....0459 299 147
- Suicide Callback Service.....1300 659 467
- Veterans Counselling Service...1800 011 046
- Women's Domestic Violence Helpline.....1800 811 811