

# The Cairns Community Flow Chart

A guide for individuals working with people at risk of self harm and suicide



**Use the questions below as a guide to assess level of risk and to help decide where to refer**

- Have there been past suicide attempts?
- Have they a suicide plan?
- Do they have access to means (eg. gun)?
- Is there abuse of drugs or alcohol?
- Are there recent crises or stresses?
- Is the person receiving treatment for a mental illness/emotional problem?
- Is despair/hopelessness being expressed by the person?

**High Risk**

- Risk factors present
- Active suicidal thoughts present

**Low Risk**

**Low Risk DOES NOT MEAN No Risk**

**Agreeable to a referral on the same day**

REFER TO

- **Crisis Assessment Treatment Team (CATT)**  
Weekdays:  
8am–4.30pm..... 4050 3100  
4.30pm–10pm....40506333  
Weekends and Public Holidays  
10am–6pm ..... 4050 6333  
*Outside of the above times, please phone Cairns Base Hospital on 4050 6333 and ask for Psych Registrar on call*
- **Child and Youth Mental Health (under 18)**  
Weekdays:  
9am–4.30pm..... 4050 3134  
*Other times as per CATT*
- **Client’s private practitioner if applicable**

**In an emergency**

**Police Communications Centre**.....4030 7000  
**Police 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.”*

**Suicide Prevention Resource Unit**

*The Suicide Prevention Resource Unit is for use by students, health professionals, counsellors and other interested community members. The unit includes information on the Mental Health Act.*

Red Cross House,  
245–247 Lake Street  
Cairns QLD 4870

**Other options for referral & assistance:**

AIDS Council .....4051 1028  
Cairns Integrated  
Mental Health Service.....4050 3100  
Centacare (*ask for Child & Adolescent Counsellor*) .....4044 0130  
Community Health Centres  
Cairns .....4050 3500  
Smithfield .....4038 9900  
Edmonton .....4045 9900  
Westcourt .....4052 9333  
Early Intervention Service .....4052 4000  
Financial Counselling Service,  
Lifeline Cairns Region.....4050 4955  
Lifeline .....4050 4955  
Men’s Telephone  
Counselling Service .....1800 600 636  
Parent Line .....1300 301 300  
Street Level Youth Care.....0408 770 899  
School Guidance Officers and Nurses.....contact schools  
WuChopperen  
Social Health Service.....4080 1036  
YETI .....4051 4927  
Youth Link.....4031 6179

**24 hour referral services**

Cairns Regional  
Domestic Violence Service ..... 40406100  
Women’s Domestic Violence  
Crisis Helpline.....1800 811 811  
Kids Helpline .....1800 551 800  
Lifeline ..... 131 114  
Salvation Army.....4031 4432  
St John’s Boy’s Shelter.....4032 4971  
St Margaret’s House .....4033 2678  
Veteran Counselling Service .....1800 019 332



**FNQ Suicide Prevention Taskforce**  
Enquiries: phone 07 4031 0145  
[www.cairnscity.com/suicide/](http://www.cairnscity.com/suicide/)

# Chroming/Sniffing

A guide for people involved with youth using volatile substances

## How can you tell if someone is sniffing?

Staying out and/or skipping school combined with:

- Strong chemical smells on clothes
- Appearing to be drunk
- Paint on clothes or body
- Big mood swings
- Losing their appetite
- Headaches

## What to do if someone is really out of it or passed out

- Try and get the person to relax and stay calm (*getting stressed or running away can be fatal*)
- Remove the container they have been using and get them to breathe fresh air
- If unconscious:
  - Call ambulance (DIAL 000) immediately – DO NOT LEAVE THE PERSON ALONE
  - Lay them on their side to prevent breathing in vomit
- Contact one of the agencies listed below for follow-up

## How to decide where to go for help

**Known to be using**

**AGENCIES**  
For information, counselling and/or support for users, families, community groups and service providers (*see list below*).

**Danger to others and/or self**

- Aggressive to others
- Damaging property
- Danger of falling off buildings
- Walking into traffic

**POLICE 000**  
or 4030 7000  
(For mobile phones with no coverage – dial 112)

**Danger to self**

- Seeing and hearing things that others don't
- Fitting
- Unconscious

**AMBULANCE 000**  
(For mobile phones with no coverage – dial 112)

**Suicide Risk**

- Risk factors present (*see flowchart overleaf*)
- Talking about wanting to die

**CRISIS ASSESSMENT TREATMENT TEAM**  
(*see overleaf*)

### Agencies

ATODS .....	40503900	Lifeline .....	4050 4955
Cairns Inhalant Action Group.....	4080 1036	School Guidance Officers and Nurses.....	contact schools
Child & Youth Mental Health.....	4050 3134	St Johns Crisis Accommodation & Support Service (males).....	4032 4971
Community Health Centres		St Margarets Crisis Accommodation (females).....	4033 2678
Cairns.....	4050 3500	WuChopperen Social Health Service .....	4080 1036
Smithfield .....	4038 9900	24 hour drug & alcohol information & counselling.....	FRECALL 1800 177 833
Edmonton .....	4045 9900		
Westcourt .....	4052 9333		
Early Intervention Service .....	4052 4000		

