



# 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

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

## 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 -

### Community Mental Health Service

Weekdays:  
8.00am-4.30pm  
**4061 5327**

Outside of the above times, phone Cairns Base Hospital on **4050 6333** and ask for Psych Registrar on call

### Child and Youth Mental Health (under 18)

Weekdays:  
8.00am-4.30pm  
**4061 5327**

Client's private practitioner if applicable

### Suicide Prevention Resource Unit

Red Cross House, 245-247 Lake Street, Cairns

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

In an emergency

- Emergency – Ambulance/Fire/Police.....**0000**
- Ambulance – Non-emergency.....**131 233**
- Hospital – Babinda.....**4067 8200**  
Innisfail.....**4061 5411**
- Police – Babinda.....**4067 1120**  
Innisfail.....**4061 5777**
- Fire Station – Babinda.....**4061 1280**  
Innisfail.....**4061 0610**
- 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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and the  
**FNQ Suicide Prevention Taskforce**  
Enquiries **07 4031 0145**

Other options for referral & assistance

- Alcoholics Anonymous.....4064 2072
- Community Health Centre, Innisfail..... 4061 5444
- Centacare, Cairns (ask for Child & Adolescent Counsellor).....4044 0130
- Community Support Centre, Innisfail (9am-4pm).....4043 8400
- Cootharinga Society, Babinda.....4067 1533
- Innisfail Youth & Family Care.....4061 2778
- Integrated Mental Health Service....4050 3100
- Lifeline Counselling Centre – Financial/Gambling/Anger/Relationships.....4050 4955
- Life Bereavement Support (9.30am-4.30pm).....0439 722 266
- Mamu Health Service.....4061 4477
- Men's Counselling Service.....1800 600 636
- Ozcare Community Care, Cairns...4048 8288
- Parent Line..... 1300 301 300
- Social Worker, Babinda (Tues.)..... 4061 5454
- Street Level Youth Care..... 0408 770 899
- Wuchopperen Social Health Service, Cairns.....4080 1036
- YETI.....4051 4927
- YouthLink.....4031 6179

### 24 hour referral services:

- Dads in Distress.....1300 853 437
- Domestic Violence/ Crisis Helpline.....1800 811 811
- Drug & Alcohol Info.....1800 177 833
- Family Drug Support.....1300 368 186
- Hope Line.....1300 467 354
- Kids Helpline.....1800 551 800
- Lifeline Australia.....131 114
- Salvo Care Line.....1300 363 622
- Veterans Counselling Service.....1800 011 046

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