



The Cooktown 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 -**
- Acute Care Team (ACT)**
Weekdays:
8.00am-10.00pm
4050 3100
Weekends/Public Holidays:
10.00am-6.00pm
4050 6333
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:
8.30am-4.30pm
4081 7888
Other times as per ACT
- Royal Flying Doctor Service (24 Hrs)**
4040 0500
- Client's private practitioner if applicable

In an emergency

- Police.....4069 5688**
- 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 -*
- Dr Edward Koch Foundation and the FNQ Suicide Prevention Taskforce**
- Enquiries 07 4031 0145**

Other options for referral & assistance

- Alcoholics Anonymous, Cooktown.....4069 5626
- Cairns Integrated Mental Health Service.....4050 3100
- Cooktown District Community Centre4069 6098
- Cooktown Hospital 4043 0100
- Mental Health Dept. 4043 0190
- Cooktown Medical Centre 4068 5211
- Cooktown Multi Purpose Health Centre.....4069 5433
- Cooktown Community Health.....4069 5270
- Cooktown Community Housing4069 5513
- Gungarde Community Centre.....4069 5412
- Home & Community Care.....4069 5270
- Life Suicide Bereavement Helpline (9.30am-4.30pm).....0439 722 266
- Men’s Counselling Service.....1800 600 636
- Parent Line..... 1300 301 300
- Q’ld Association for Healthy Communities.....4051 1028
- State School P12.....4082 0222
- YETI.....4051 4927
- YouthLink.....4031 6179
- 24 hour referral services:**
- Dads in Distress.....1300 853 437
- Domestic Violence/ Crisis Helpline.....1800 811 811
- 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