



# The Innisfail 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.....**000**

Ambulance –  
Non-emergency.....**131 233**

Innisfail Hospital.....**4061 5411**

Innisfail Police.....**4061 5777**

Innisfail Fire..... **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 -

**Dr Edward Koch Foundation**  
and the  
**FNQ Suicide Prevention Taskforce**  
Enquiries **07 4031 0145**

Other options for referral & assistance

AIDS Council.....	1800 177 434
Gay Education.....	4041 5451
Indigenous Project.....	4035 6491
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
Innisfail State School.....	4067 8333
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
Parent Line.....	1300 301 300
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*