



The Southern Tablelands 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 –

Atherton Child & Youth Mental Health (Atherton Hospital)
Weekdays:
8.30am-5.00pm
4091 0213

Tablelands District Mental Health Service (Atherton Hospital)
Weekdays:
8.30am-5.00pm
4091 0213

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

Ambulance/Fire/Police.....000
Atherton Hospital.....4091 0253
Herberton Hospital....4096 1000
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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Other options for referral & assistance

Alcohol & Drug Info1800 177 833
Alcohol, Tobacco and Other Drugs Service.....4092 9333
Alcoholics Anonymous – Malanda/Atherton..... 4095 4471
Community Health Centres:
Atherton.....4091 0263
Malanda.....4096 5339
Millaa Millaa.....4097 2223
Mt Garnet OPD.....4097 9101
Ravenshoe.....4097 6223
Community Services T’lands.....4091 3733
Eacham Community Help (ECHO)..4096 6950
Life Suicide Bereavement Helpline (9.30am-4.30pm)...0439 722 266
MAHS Program (GP referred).....4086 2900
Mamu Health Service.....4097 6502
Relationships Australia.....1300 364 277
Salvation Army, Atherton.....4091 1410
Senior School Guidance Officer...4091 0800
T’lands Counselling/Support.....4092 6899
T’lands Sexual Assault Service.....4091 4036
T’lands Women’s Centre.....4091 5100
Wuchopperen Social Health/ Midin Clinic.....4091 1188
Yabu Mija Aboriginal Corp.....4097 7100

24 hour referral services:

Child Safety A/Hrs Centre.....1800 177 135
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
Men’s Counselling Service.....1800 600 636
Parent Line.....1300 301 300
Salvo Care Line.....1300 363 622
Veterans Counselling Service.....1800 011 046

People rarely suicide in company – organise support and services