

# IAR Levels of care and services in EMPHN Catchment at a glance (not exhaustive)

<b>IAR-DST Level 1: Very low Intensity Services</b>	<b>IAR-DST Level 2: Low Intensity Services</b>	<b>IAR-DST Level 3: Moderate Intensity Services</b>	<b>IAR-DST Level 4: High Intensity Services</b>	<b>IAR-DST Level 5: Acute &amp; Specialist MH services</b>
<p>Example of services in the catchment:</p> <ul style="list-style-type: none"> <li>- Helplines (1800 Respect, Lifeline)</li> <li>- Online Apps (Calm Harm, Daisy App, 1800 Respect)</li> <li>- Anxiety Recovery Centre Victoria</li> <li>- Beyond Blue (Coronavirus Mental Wellbeing Support Service, helpline and webchat; online forum)</li> <li>- Sane Australia counselling</li> </ul>	<p>Example of services in the catchment:</p> <ul style="list-style-type: none"> <li>- Lifeline</li> <li>- Better Access</li> <li>- Partners in Wellbeing Counselling</li> <li>- Brother to Brother</li> <li>- Community Mental Health and Wellbeing Hub</li> <li>- healthAbility</li> <li>- Mullum Mullum Indigenous Gathering Place</li> <li>- Neami National</li> <li>- Sane Australia counselling</li> <li>- The Mindful Hub (online counselling)</li> <li>- Wellways Australia</li> <li>- healthAbility after-hours mental health nurse support</li> </ul>	<p>Example of services in the catchment:</p> <ul style="list-style-type: none"> <li>- Better Access</li> <li>- Partners in Wellbeing Counselling</li> <li>- Mental Health Stepped Care</li> <li>- LIFT</li> <li>- The Mindful Hub</li> <li>- Neami</li> <li>- Steps Mental Health</li> <li>- Access Health and Community</li> <li>- Conduit Health</li> <li>- Epsychiatry</li> <li>- Health to Health</li> <li>- healthAbility after-hours mental health nurse support</li> <li>- Outcome Health</li> </ul>	<p>Example of services in the catchment:</p> <ul style="list-style-type: none"> <li>- Steps Mental Health</li> <li>- Mental Health Stepped Care</li> <li>- LIFT</li> <li>- Community Health Services</li> <li>- Conduit Health</li> <li>- Epsychiatry</li> <li>- Outcome Health</li> </ul>	<p>Example of services in the catchment:</p> <ul style="list-style-type: none"> <li>- Emergency, 000</li> <li>- Austin Health, North East Psychiatric Triage Service</li> <li>- Eastern Health Psychiatric Triage Service</li> <li>- Monash Health Psychiatric Triage Service</li> <li>- North Western Mental Health Triage Service</li> <li>- St Vincent's Health Triage Service</li> </ul>

<p><b>Level of Care 1 - Self Management (6.4 million people)</b></p> <p>Typically no risk of harm, experiencing mild symptoms and/or no/low levels of distress - which may be in response to recent psycho-social reasons. Symptoms have typically been present for a short period of time. The individual is generally functioning well and should have high levels of motivation and engagement.</p>	<p>Evidence based digital interventions and other forms of self-help</p>
<p><b>Level of Care 2 - Low Intensity (1.3 million people)</b></p> <p>Typically minimal or no risk factors, mild symptoms/low levels of distress and where present, this is likely to be in response to a stressful environment. Symptoms have typically been present for a short period of time (less than 6 months but this may vary). Generally functioning well but may have problems with motivation or engagement. Moderate or better recovery from previous treatment.</p>	<p>Services that can be accessed quickly and easily and include group work, phone and online interventions and involve few or short sessions</p>
<p><b>Level of Care 3 - Moderate Intensity (1.6 million people)</b></p> <p>Likely mild to moderate symptoms/distress (meeting criteria for a diagnosis). Symptoms have typically been present for 6 months or more (but this may vary). Likely complexity on risk, functioning or co-existing conditions but not at very severe levels. Also suitable for people experiencing severe symptoms with mild or no problems associated with Risk, Functioning and Co-existing Conditions.</p>	<p>Moderate intensity, structured and reasonably frequent interventions (eg. Psychological interventions).</p>
<p><b>Level of Care 4 - High Intensity (400,000 people)</b></p> <p>A person requiring this level of care usually has a diagnosed mental health condition with significant symptoms and/or significant problems with functioning. A person with a severe presentation is likely to be experiencing moderate or higher problems associated with Risk, Functioning and Co-existing Conditions.</p>	<p>Periods of intensive intervention, typically inc. multi-disciplinary support, psychological interventions, psychiatric interventions and care coordination</p>
<p><b>Level of Care 5 - Acute and Specialist (350,000 people)</b></p> <p>A person requiring this level of care usually has significant symptoms and problems in functioning independently across multiple or most everyday roles and/or is experiencing:</p> <ul style="list-style-type: none"> <li>- Significant risk of suicide; self-harm, self-neglect or vulnerability.</li> <li>- Significant risk of harm to others</li> <li>- A high level of distress with potential for debilitating consequence.</li> </ul>	<p>Specialist assessment and intensive interventions (typically state/territory mental health services) with involvement from a range of mental health professionals</p>