

IAR levels of care and services in EMPHN catchment at a glance (not exhaustive)

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

<p>Level of Care 1 - Self Management (6.4 million people)</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>Level of Care 2 - Low Intensity (1.3 million people)</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>Level of Care 3 - Moderate Intensity (1.6 million people)</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>Level of Care 4 - High Intensity (400,000 people)</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>Level of Care 5 - Acute and Specialist (350,000 people)</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"> - Significant risk of suicide; self-harm, self-neglect or vulnerability. - Significant risk of harm to others - A high level of distress with potential for debilitating consequence. 	<p>Specialist assessment and intensive interventions (typically state/territory mental health services) with involvement from a range of mental health professionals</p>