

# Initial Assessment and Referral (IAR) Decision Support Tool (DST)

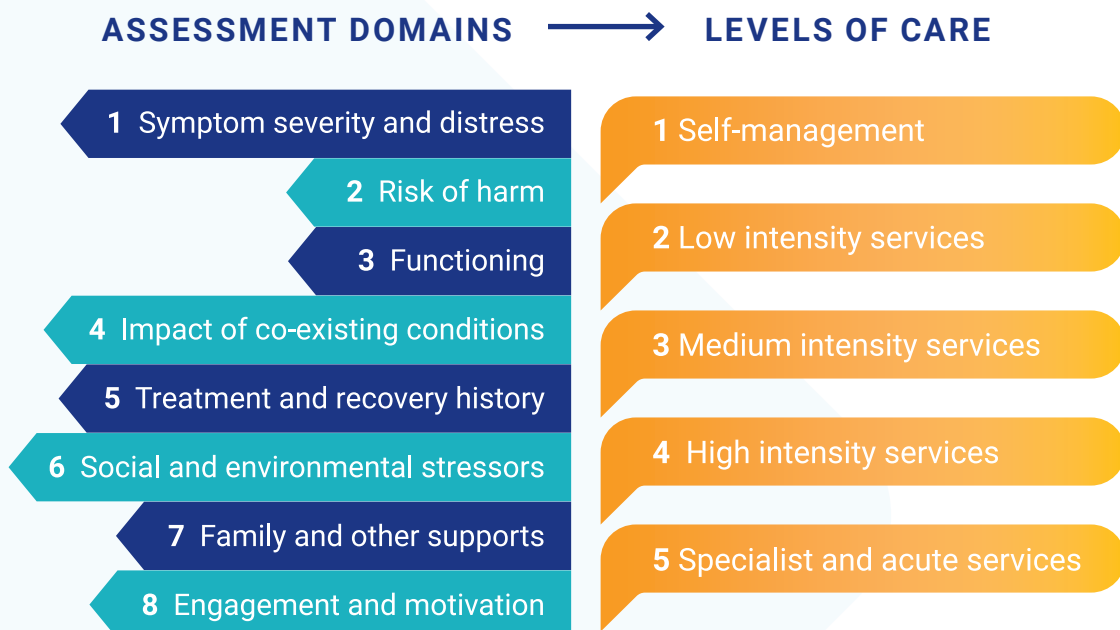
## What is IAR?

The IAR-DST provides support to clinicians regarding how to respond to people when they first ask for mental health support in primary care settings. By using a standardised, evidence-based approach to categorise mental health levels, patients can be connected to the most appropriate local care.

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## Why use the tool?

- The tool will be used by all Commonwealth-funded mental health services and promotes a shared language surrounding treatment needs and supports clinicians' choice of referral for mental health consumers
- Identify and communicate the essential information from your mental health assessment that is critical for referral and decision-making
- Redefines the stepped care approach to mental health care by recommending a level of care based on the least intensive intervention that will likely lead to the best possible gain for mental health consumers
- Estimates or confirms mental health treatment needs within five defined levels of care while encouraging consumer supported choice and decision-making



## Register for training

IAR-DST training is available to GPs, general practice staff, clinicians, and other mental health service providers. Register for an upcoming training: [bit.ly/IAR-DST](https://bit.ly/IAR-DST)

Contact Sandra d'Arbon and Hannah Sanday to find out more about the IAR-DST: [iar@wentwest.com.au](mailto:iar@wentwest.com.au)