

Summary of Levels of Care

Level of Care 1 Self Management 6.4 million people	Level of Care 2 Low intensity 1.2 million people	Level of Care 3 Moderate intensity 1.6 million people	Level of Care 4 High intensity 400,000 people	Level of Care 5 Acute and specialist services 350,000 people
<p>Evidence based resources (including online, print, audio and community resources) with active monitoring. Some practical assistance to engage with the resource may be required.</p>	<p>Services that can be accessed quickly and easily, involve few or short sessions, with a short overall duration of engagement with service.</p>	<p>Psychological assessment and structured, reasonably frequent interventions (e.g., psychological interventions).</p>	<p>Psychological assessment and intensive intervention, typically multi-disciplinary support, psychological interventions, psychiatric interventions, and care coordination.</p>	<p>Specialist assessment and intensive interventions (typically state/territory mental health services) with involvement from a range of mental health professionals.</p>
<p>The person is likely to be experiencing mild symptoms and/or no distress/low levels of distress and typically has low or no problems associated with Domain 2 (Harm) and Domain 3 (functioning). The person should be motivated to pursue self-management options.</p>	<p>The person is likely to be experiencing mild symptoms/low levels of distress (Domain 1), low or no problems associated with Domain 2 (Harm). Low ratings on Domain 3 (Functioning).</p>	<p>The person is likely to be experiencing moderate to severe ratings on Domain 1 (Symptom Severity and Distress) with mild to moderate problems associated with Domain 2 (Harm), Domain 3 (Functioning) and Domain 4 (Co-existing conditions).</p>	<p>The person is likely to be experiencing moderate or higher ratings on Domain 1 (Symptom Severity and Distress), Domain 2 (Harm) or Domain 3 (Functioning).</p>	<p>The person is likely to be experiencing very high or very severe ratings on Domain 1 (Symptom Severity and Distress), Domain 2 (Harm) or Domain 3 (Functioning).</p>
<p align="center">General Practice – assessment, review, and management</p>				
<p align="center">Other medical and specialist services</p>				
<p align="center">Psychosocial support services</p>				
<p align="center">Suicide prevention and aftercare services</p>				
<p align="center">Family, caregiver and carer resources and services</p>				