



# National Training – Initial Assessment and Referral (IAR) for Mental Healthcare

## January & February 2026 Workshop Schedule

The IAR Guidance (IAR) and Decision Support Tool ([IAR-DST](#)) is designed to establish a national, standardised approach to conducting initial mental health assessments, and support general practitioners and other clinicians to recommend the most appropriate level of care for a person seeking mental health support. The IAR and the IAR-DST are an Australian Government Department of Health, Disability and Aging initiative bringing together information from various sources, including Australian and international evidence and advice from various leading experts. The IAR-DST is not an assessment tool.



This is an RACGP and ACRRM approved event, and a certificate of attendance will be issued by your local PHN to self-report hours

### The Workshop

The first component of the workshop will focus on:

- An introduction to the IAR and the development of the National Guidance, including stepped care in Australia.
- Orientation to the domains, levels of care, and decision support tool.

The second component of the workshop is an interactive **practical activity**, which includes:

- Application of the IAR-DST based on a consumer scenario.
- Clinical judgement and supported decision-making.

### Learning outcomes

1. Discuss the principles underpinning the national approach to stepped care.
2. Summarise the IAR development process.
3. Explain the use of IAR Guidance in practice settings to generate a recommended level of care.
4. List the levels of care in relation to available regional services
5. Identify the principles related to clinical decision making and consumer choice

The workshop will be facilitated by an experienced IAR Training and Support Officer (TSO) from the National TSO Network.

Please click on the links below to register.

Date and Time	Adaptation	Scenario	Registration link
Tues 20 <sup>th</sup> Jan 2026 12:00pm- 2pm AEDT	Adolescent	Brandon	<a href="https://events.humanitix.com/iar-dst-national-training-tues-20th-january-2026">https://events.humanitix.com/iar-dst-national-training-tues-20th-january-2026</a>
Thurs 29 <sup>th</sup> Jan 2026 10:00am-12:00pm AEDT	Adult	William	<a href="https://events.humanitix.com/iar-dst-national-training-thurs-29th-jan-2026">https://events.humanitix.com/iar-dst-national-training-thurs-29th-jan-2026</a>
Wed 18 <sup>th</sup> Feb 2026 12:00pm-2:00pm AEDT	Adolescent	Brandon	<a href="https://events.humanitix.com/iar-dst-national-training-wed-18th-feb-2026">https://events.humanitix.com/iar-dst-national-training-wed-18th-feb-2026</a>
Tues 24 <sup>th</sup> Feb 2026 10:00am-12:00pm AEDT	Adult	William	<a href="https://events.humanitix.com/iar-dst-national-training-tues-24th-feb-2026">https://events.humanitix.com/iar-dst-national-training-tues-24th-feb-2026</a>

By registering for an event, registration details will be transferred to ZOOM Webinar. Please [click here](#) to view the ZOOM Privacy Policy.

For more information about this training, contact:

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