RAS-DS explores 4 domains or areas of your recovery:

DOING THINGS I VALUE

This is about doing things that bring you a feeling of joy, satisfaction, and being needed or appreciated by others – it is not about doing the normal everyday activities that you have to do.

LOOKING FORWARD

This is about how positive and hopeful you feel about yourself and your future.

MASTERING MY ILLNESS

This is about having strategies to manage symptoms – and about symptoms not getting in the way of you living the life you want to. It is NOT about getting rid of symptoms necessarily.

CONNECTING AND BELONGING

This is about having friends and connections with people that matter to you. It is about feeling welcomed by others and a sense of belonging.

Co-designed by

Flourish Australia Community &
The RAS-DS Team at The University of Sydney

THE UNIVERSITY OF SYDNEY · flourish AUSTRALIA Where mental wellbeing thrives · ENLIGHTENED consultants

The Moriya Elizabeth Vine Fund financed this co-designed project

For more information on RAS-DS, go here:
www.ras-ds.net.au

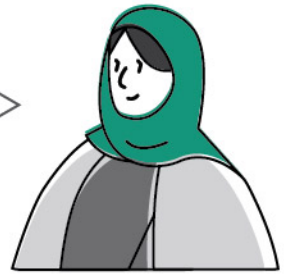
RAS-DS

A tool to guide and support your mental health and wellbeing

Recovery Assessment Scale: Domains and Stages

It helped me to understand my recovery journey better

My mental health worker understood me and I understood myself better



It was refreshing to focus on hope rather than illness

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Scan QR code for more details

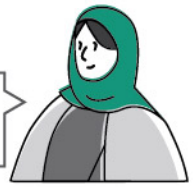
What others have said about the RAS-DS

I like how it made me think

I found it a good conversation starter

It brought up important things that we hadn't discussed before

My mental health worker understood me and I understood myself better



It helped me to understand my life and my recovery journey better

It has given us things to work on in the future

It was refreshing to focus on hope rather than illness

It helped me notice a positive change

What is the RAS-DS?

RAS-DS is a tool to explore your mental health recovery

It was co-developed with people with lived experience of mental health issues.

It is a conversation starter, not just an assessment

RAS-DS is designed to start a conversation that will help your support worker to understand you better and help you to work together on what YOU want to achieve.

RAS-DS asks you how you think and feel about yourself and your life

It takes 5-15 minutes

depending on how much you need and want to think about each statement.

YOUR choice

Whether you do the RAS-DS or not is always YOUR choice

There are no right or wrong answers.

and you don't get compared to other people. We can calculate a score though, which some people find helpful because we can then see how things have changed for you over time.