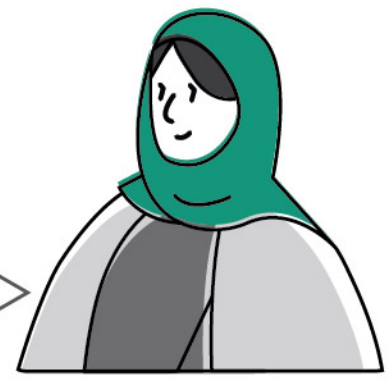
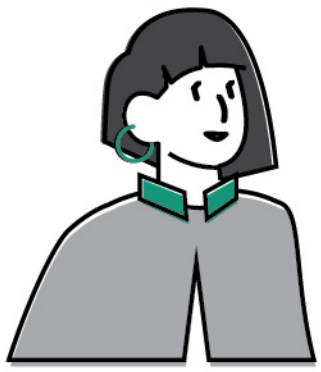
Why use RAS-DS?

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

Lived-experience developed

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

It isn't 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 has 38 statements that you rate from UNTRUE to completely TRUE.

It takes 5-15 minutes depending on

how much you need to think about each question. Afterwards you and your support worker will talk about your answers together.

There are no right or wrong answers

and you don't get compared to other people. We can calculate a score though, which we can use to see how you change over time.

Co-designed by

THE UNIVERSITY OF SYDNEY

flourish AUSTRALIA
Where mental wellbeing thrives

ENLIGHTENED consultants

Scan QR code for more details