

2019 Submission - Royal Commission into Victoria's Mental Health System

Organisation Name

N/A

Name

Miss Suraiya Alam

What are your suggestions to improve the Victorian community's understanding of mental illness and reduce stigma and discrimination?

I have not really been taking any service and the reason behind this is I am afraid that I am showing my WEAKNESS to people. So can't really make any comments on that.

What is already working well and what can be done better to prevent mental illness and to support people to get early treatment and support?

"For the very first time in my life, I called the lifeline and felt they were very supportive. It is great to have that kind of service."

What is already working well and what can be done better to prevent suicide?

Making more awareness

What makes it hard for people to experience good mental health and what can be done to improve this? This may include how people find, access and experience mental health treatment and support and how services link with each other.

"Well, not sure about people but for me it is my past. It's been 10 years and still thinking about what happened makes me feel suicidal. I strongly believe if there was one single person from my family understood mental health my story would have been different. "

What are the drivers behind some communities in Victoria experiencing poorer mental health outcomes and what needs to be done to address this?

"Again, making awareness "

What are the needs of family members and carers and what can be done better to support them?

Family members play a very important role. In my case my family does not even talk to me and don't believe in mental health which is so sad.

What can be done to attract, retain and better support the mental health workforce, including peer support workers?

N/A

What are the opportunities in the Victorian community for people living with mental illness to improve their social and economic participation, and what needs to be done to realise these opportunities?

N/A

Thinking about what Victorias mental health system should ideally look like, tell us what areas and reform ideas you would like the Royal Commission to prioritise for change?

N/A

What can be done now to prepare for changes to Victorias mental health system and support improvements to last?

N/A

Is there anything else you would like to share with the Royal Commission?

N/A