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

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What are your suggestions to improve the Victorian communitys understanding of mental illness and reduce stigma and discrimination?
"Train doctors in mental health treatment, and that not all issues have physical symptoms. Have mental health emergency departments that specialise in helping and treating mental illnesses. Reduced wait times in emergency rooms or didn't wait rooms for people with mental health issues."

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?
"Nothing works well. More education and promotion of mental health, reduce the stigma behind mental health conditions. "

What is already working well and what can be done better to prevent suicide?
"Phone services such as lifeline, but still have a long wait time which makes it difficult to contact someone. "

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.
"To find a good mental health provider that doesn't cost an arm and leg. Also provide more then 10 sessions through Medicare if person has prolonged mental illness such as borderline personality disorder, bipolar etc."

What are the drivers behind some communities in Victoria experiencing poorer mental health outcomes and what needs to be done to address this?
"Drugs, domestic violence, poor communities, disabilities and intellectual disabilities. Family violence, sexual assult/rape "

What are the needs of family members and carers and what can be done better to support them?
Provide more respite hours/care. Have a physc nurse visit the clients and teach the carers the best way to care for the person. Educate family on mental health condition.

What can be done to attract, retain and better support the mental health workforce, including peer support workers?
Provide more education to workplaces about mental health and the effects it can have on working and stress levels etc

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?
"More programs, support programs, more services provided like orygen youth health etc, more case management services. Awareness on medication. "

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?
"Mental health emergency departments so you don't have to sit and wait in an normal ed with people starting at you and making you feel worse. Have more services available. More then 10 medicare sessions if you have a chronic mental health condition(bpd, bipolar, ptsd). Changes to mental health care during court processes."

What can be done now to prepare for changes to Victorias mental health system and support improvements to last?
Provide education and promotion of services.

Is there anything else you would like to share with the Royal Commission?
I have 4 different mental illnesses and are currently going through the court system due to being raped and there needs to be more understanding and support for mental illnesses as the victim and understanding that court can trigger and make your illnesses worse.