

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

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

I find that people feel they try too hard to understand my mental illness. My boss says she understands as she gets anxiety however I don't know if she knows how crippling it is. Mental illness is not covered as a disability according to Centrelink. I have had to cut down my work days to 3 days per week and even then I struggle to get out of bed and of course as it's not physical I can't get financial aid.

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?

Mental health plans are great however 10 treatments a year is not good enough for the initial early stages especially when it can take time to find a suitable psychologist

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

Mental health plans help however the fact that it takes so long to get into a psychiatrist is not good enough. The fact that you have to already be suicidal to see someone quickly means that you have more people reaching that point

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.

Access to affordable treatment is so difficult

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

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

People need to be given free advice on how mental illness affects their loved ones. I find it very hard that my fiancé gets angry when I am having a melt down as he doesn't understand what is happening

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

Unsure

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?

Unsure

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?

Psychiatrist access and access to financial assistance for those who struggle to work

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

Unsure

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

No