

Your contribution

Should you wish to make a formal submission, please consider the questions below, noting that you do not have to respond to all of the questions, instead you may choose to respond to only some of them.

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

GET MORE SOCIAL WORKERS THAT ACTUALLY WORK AS HELP  
I'm CURRENTLY WORKING w one who is helping me make small changes  
too better my life. MORE hollistic as in healthy if it has to  
be "NATURAL" if you may say. the way we are consistently ignored  
with desighsions about our health (I've talked to other's and  
oh yeah we are pissed off!! How long will the system continue  
to ruin our DNA is the too ~~phic~~ effective for you

2. 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?



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

CARE , INSPIRATION, BEING  
Jumped out of an airplane , feeling something new  
Defently not hanging out in a marked ayword,  
WATCHED too kept SAFE.

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

*KAN OUT OF TIME*

8. 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?

*11*

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

*11*

4. 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.

I believe its the system you start small and you start attacking it if you continue to treat us this way we will continuously do anything to make it better, even making community workers, meetings more like this one.

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

Psychosomatic and psychiatric is it real the meds just make us ~~gain~~ gain weight.

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

why does everything take 3 weeks- to 6 months.

10. What can be done now to prepare for changes to Victoria's mental health system and support improvements to last?

GET TOGETHER MORE INFLUENCE & CHANGE AND THEN A PLAN  
IF THEY LIVE TO US-

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

-THANK YOU FOR LISTENING-

Privacy  
acknowledgement

I understand that the Royal Commission works with the assistance of its advisers and service providers. I agree that personal information about me and provided by me will be handled as described on the Privacy Page.

Yes  No

