

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?

Advertising that it's ok to have a mental illness. Have people in the wider community share their story.

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 to be honest. You just have to look at the statistics. One in five Australians has a mental illness or disorder. One too many. I think the biggest thing that lacks like mentioned above is people don't want to talk about mental health. The BEST way to help prevent mental illness I think is having more resources available dedicated to mental health ie. centres with an array of allied health ranging from exercise classes to art classes and psychologist ect. Cost is a huge factor for most and if you don't have money there is no support other than a wait list which is sometimes too late. Having dedicated people who are trained and skilled in being able to help those in need is vital.

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

"Lifeline numbers but I think those who are at risk need things in place like a safety plan, and are followed up with their GP daily even if their of no direct threat to themselves. Sometimes all it takes is the question. Are you ok?"

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.

Cost like mentioned above. More funding needs to be spent on this. All allied health should be linked under the one umbrella. Training health staff should be a priority.

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

Lack of resources and help. Cost once again . Mental health initiatives are needed. Have even trained health professionals visit local communities regularly even if it was to be a bus of some sort like the red cross blood donor bus

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

Feeling alone. Lack of support and not knowing where to get help. One simple app would be great listing all the support available for family members/carers

What can be done to attract, retain and better support the mental health workforce,

including peer support workers?

Free upskilling and career pathways.

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?

I would like to see more awareness surrounding mental health and skilled staff trained.

Somewhere free for individuals to go and be ok ie. A centre

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?

No