

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

SUB.0002.0019.0035

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

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**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?**

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

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**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.**

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

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

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

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**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?**

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**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?**

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**What can be done now to prepare for changes to Victoria's mental health system and**

## support improvements to last?

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

I would like to share a something that I have experienced twice in the last 4 years. On two occasions, staff from the ██████ Hospital turned up on my doorstep out of the blue, informing me that they needed to admit me to hospital, involuntary. On both occasions I refused to go, kicking and screaming. One of the young men tackled me to the ground. He was twice my size and I was in a great deal of pain as I had fallen a few days before and had bruised my ribs. I was cuffed and thrown into the back of a divvy van and taken to the hospital. These experiences were demoralising and degrading. I have checked that this is lawful and I am told it is, as on both occasions I was experiencing mania. Following my stint in hospital I made a complaint at the ██████ Police Station. The Sargent typed up my story and asked that it was correct and I agreed that it was and signed my statement. To me this was assault. This Sargent said he would be in contact and also asked if I would be willing to speak to members of the Police force regarding responding to people with mental health issues. I agreed to this and never heard back from him again. I don't believe the young man from the ██████ Hospital was ever reprimanded. We are human beings, we have not committed a crime! This kind of treatment must end. Staff need to be trained to deal with the situation of a person refusing to be admitted to hospital, in another way. I have recently been to VCAT to have my administration order with State Trustees revoked. They have exploited me financially and I have statements to show that they have made overpayments and double payments. They have agreed to 8 errors on their behalf and I am hoping to be compensated for these errors.