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

SUB. 0002.0028.0052

Name
Anonymous

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

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?
N/A

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

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.
"When they at crisis point and really struggling with depression, keeping a job and being motivated to get a job there are very little options for public housing with a wait list of at least 2 years. In the meantime they feel like giving up, suicide is an option for them or they become homeless. Drug addiction is also a huge problem which I have personally experienced via a family member. There is very little help for these people if they do decide to quit the drugs. Rehabs are expensive and quite often they are left to deal with it in the community which puts pressure on family usually. I have tried to help my family member by offering accomodation and support however he became violent using lethal/dangerous weapons towards my other family members and the police had to be called. The police were able to talk him into going to hospital for a psych assessment however he was discharged within an hour.(I couldn't believe this, he had just tried to kill someone and he was back in the community free to use drugs and possibly harm again. He also had nowhere to go as the family violence police had activated An AVO against him towards myself and my other family members. He rang me within 5 minutes of being discharged ,threatening to suicide as he felt like he had no one to turn to or no where to go. As you can imagine I was furious and very disheartened with the whole system"

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

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

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

including peer support workers?
N/A

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?
N/A

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?
N/A