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

SUB: 0002.0025.0010

Name
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What are your suggestions to improve the Victorian communitys understanding of mental illness and reduce stigma and discrimination?
Mandated workplace management training to reduce stigma.   People shouldn't come back from a day off work and have questions from their boss 'oh just a cold?'

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?
Access to mental health care plans provided by a GP that include more access to support services beyond what is currently available.   The number of sessions is not enough for most people with an condition.

What is already working well and what can be done better to prevent suicide?
Very little is working well. Most of my fellow queer friends are on some form medication for their medication. Cheaper access to medication. Most of these things are federal issues... trying to think of things the state government can do is difficult.

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.
"Previous generations have made it harder for young people to have a positive outlook on life. Home ownership and secure ongoing work are harder to achieve, The environment has been exploited and future generations will have to face the task of cleaning up the mess.   Cost of access to medical professionals is prohibitive. "

What are the drivers behind some communities in Victoria experiencing poorer mental health outcomes and what needs to be done to address this?
LGBTIQA+ people are still treated like second class citizens.

What are the needs of family members and carers and what can be done better to support them?
Awareness in the community that mental health can take it's toll on anyone.

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

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?

That's a hard question.   A set number of days off for mental health in an EBA?

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