

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

SUB: 0002.0015.0027

## **Name**

Anonymous

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

By hearing more good news stories about recovery

## **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?**

More resources to allow people to enter the system earlier. GP not enough

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

More community services to hold a person until they can work through their issues

## **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.**

Support for the support people. Engaging the people around the unwell person if they are involved. Discharging an unwell person to a GP is inadequate. GPs cannot handle the complexity of some unwell people plus they don't have a follow up/recall system for checking in on people

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

Family breakdown Unemployment Addiction

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

"Engaging carers early as allies is important. Acknowledging that carers are usually suffering too and will have their own physical, mental & financial needs. More safety for carers experiencing family violence"

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

"More hospital beds, more step up/step down facilities, more secure units. Peer workers need a clearer workforce model, salary structure, carer progression"

## **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?**

More community support in graduated care into work/study

**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?**

Transition from acute setting to community to home. Going from case management to GP is too big a jump

**What can be done now to prepare for changes to Victorias mental health system and support improvements to last?**

More doorways to enter the system that dont have wait times

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

N/A