

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

SUB: 0002.0018.0001

Name

Anonymous

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

No comment

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?

No comment

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

"Allow the smoking of cigarettes on the wards statewide. As nicotine is a powerfully addictive drug and deprivation (although in hospital) can cause great undue stress to an individual which is often the cause of self harm. Do the mentally ill need compassion or undue stress? I propose that each ward statewide supplies cigarettes after each of the four supplied meals, and cigarettes are allowed to be consumed on a two hourly basis if the client supplies their own. Strictly controlled by nursing staff by dispensation of individuals packets from a common container eg. Ice cream container."

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.

See previous question.

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

No comment.

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

Placement of clients closer to relatives or next of kin.

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

By allowing the smoking of cigarettes of clients in psych wards the mood of the clients is more bearable and the clients are more pleasant to deal with. Also higher salaries.

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?

"Employment training that leads to real, worthwhile job opportunities. Employment that leaves the

patient in a position to support themselves and also family members financially."

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?

Real outcomes in employment after discharge.

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

More resources to home services such as doctor visits.

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

No