

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

SUB: 0002.0028.0016

## **Name**

Anonymous

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

Responding to childhood abuse and family violence and their relationship with the mental health services as a result of severe trauma. Also the fact that trauma and abuse is not recognised and issues of safety and trauma informed mental illness is not treated as such

## **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?**

Protection from family violence and trauma and accountability regarding perpetrators needs to be addressed

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

As above

## **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.**

"Not being believed and being labelled and no linkage between services.. No integration between professional services hence no appropriate interventions resulting in suicide, despair and intergenerational PTSD in families. Chronic need for long term professional support"

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

As above

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

As above

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

I've given information to royal commission on institutional abuse.. Abuse I experienced resulted in protracted hospital stays without abuse being addressed resulting in cost to community

## **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?**

All the above needs addressing at a much earlier stage to event chronicity of outcomes

**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?**

"In my experience whilst an long term inpatient in a mental health facility, the fact I was being abused by family during this time and was reporting this to the health providers of the hospital (I have the documentation) I should have been heard and action should have being taken given my vulnerability to protect me. Instead I was offered the morning after pill. No communication was had with professional services such as police or trauma experts to assist me."

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

As above

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

I was in and out of mental health facilities in my late teens early 20s and was consistently reporting abuse to the facility's. Mental health service offered me the morning after pill. I was not heard. Consultation with professionals should have occurred given my vulnerability and that I was in the hospital state care