Your contribution

Should you wish to make a formal submission, please consider the questions below, noting that you do not have to respond to all of the questions, instead you may choose to respond to only some of them.

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

I would like to be able to talk about my spiritual beliefs without judgement or have it labelled as part of my illness.

2. 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?

I feel safe + supported in my unit. Protected from the outside world.
I am content + happy in my unit, its like a family.

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

i would like more time with my family its rushed in the Unit.
even over night leave to spend time with my family. - Access to suitable medication. It has been a help to have access to talking therapy.

4. 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.

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

I don't feel like I was getting enough help in the public system. forced ECT was a traumatic experience for me personally.
@ I would like to access more services around Peer Work. I would like to be more involved in my own treatment options.

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

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

We need more nurses, they are overworked in my unit. I would like to have access to somebody to talk to.

8. 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?

9. Thinking about what Victoria's mental health system should ideally look like, tell us what areas and reform ideas you would like the Royal Commission to prioritise for change?

I would like to have access to the internet in the hospital.

10. What can be done now to prepare for changes to Victoria's mental health system and support improvements to last?

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