

**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?

Proper observation of the patient alot more extensively as mentioned in my writings, etc.

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?

Keeping up plenty of contact with the patient & always listening to them and carer & family etc

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

Taking the patient & carer & family seriously & not letting things deteriorate into desperation etc

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.

After-hours services needed where staff may visit patient at home, maybe at night & during weekends.

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

System failure & neglect & failure of the official grievance system etc.

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

Being a carer for [REDACTED] can be torrid and enduring a lot of the time, her raging voices where she can scream out with outbursts of verbal violence when her horrible voices get too much for her etc. It can do your head in. After-hours there are no nurses that can come, and you have to bare a lot. She even has incontinence in both depts and caring is a 24HR a day job helping her clean-up and change night and day, making her dependant on me. I have physical ailments a lot, I am 67, and if I get too crook to look after my health I have to go into hospital, and [REDACTED] then thus will probably have to too for basic care she needs. I could do with a lot more support, as could her aging dad who helps out. The family is stressed a lot over things etc. The only people I have to talk to are one or two friends and that's not much at all, etc. I get stressed a lot and need to have someone who will listen to me. It would also be easier if Psych-services believed us more. We're treated like second or third rate citizens a lot of the time otherwise, etc etc. [REDACTED] is often in crises, it can be a daily event just about, she struggles daily, and we need more support in coping with that etc. Help is certainly much needed.

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

Dr rather than sometimes just medicating & leaving things case managers need to spend time with the patient. Sit down casually & take their time to really get to know the patient and "where they're really at in their head etc."

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?

Observation (clinically) of patients alot more in the ward of their state & interactions, etc.  
Total overhaul of grievance system as its still a failure & full of stigma.

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

See attached writings etc.

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

A need for alot better  
accountability of the system  
& respect toward the patient,  
etc. See attached writings.

Privacy  
acknowledgement

I understand that the Royal Commission works with the assistance of its advisers and service providers. I agree that personal information about me and provided by me will be handled as described on the Privacy Page.

Yes  No