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

SUB: 0002.0001.0018

Name
Anonymous

What are your suggestions to improve the Victorian communitys understanding of mental illness and reduce stigma and discrimination?
"something like tv show ""you can't ask that' sharing personal lived experience of people with illness or family/carers/friends of person with illness. Also see How 'Mad' Are You? on SBS - another good way to break down stigma and share experiences. "

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?
N/A

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

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.
"The issue with mental health, is sometimes the person with the illness, is not capable of advocating and following up treatments and supports, it seems easy for them to get lost or forgotten about in the system. They system seems to cover 'very very ill' people well (i.e full time care, other supports) and mildly ill people (i.e. only needs limited supports) however anyone in-between 'very very ill' and 'mildly ill' are forgotten about or lost in the services and supports. My mother for example, she in between the 2. She has personality disorder and depression, and I'm unsure what else exactly, but it is very hard for my dad to support her (he's old fashioned and doesn't understand the system, the questions to ask or what to follow up with) and me, as her daughter, and her other daughter, my sister, have no involvement in her care, which means she has no capable advocate for support and treatment. So often bounces in and out of levels of care, in therapy, on medication, out of therapy, stops taking medication. Mental health ward immissions, and then being released again. Its a cycle, anytime she is 'getting worse' the health providers can't pick it up, or don't, and she falls through the system, ending up trying to commit suicide as she is so hard to read, she is really good at faking being ok. It'd good if the system good navigate multiple supports and ways to share information across multiple types of cares, and carers, e.g. if I noticed strange behavior, if there was a system where I could notify her therapist or careers of the change in behavior, so they could address and manage it. We need to be able to escalate things to the system easily, and for the system to include and involve us in the care of the people who are suffering illness. "

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

N/A

What are the needs of family members and carers and what can be done better to support them?
"keeping us informed, allowing us to keep the system informed too. "

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

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?
N/A

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?
N/A

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

Is there anything else you would like to share with the Royal Commission?
thanks for looking into this