

**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?

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?

People have more choice in the medication they  
are given & more information  
info about symptoms & my experience

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

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.

More structured rehab plan - more  
involvement. Information about the  
steps between Acute - Sub-Acute -  
Rehab - Transitioning - home decisions  
are made to move someone from one to  
the other. Feedback provided to  
me. Interview is not backwards giving notice

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

Hard to get out - needs to be a system  
explaining how to get out of [REDACTED]  
Therapeutic Camp about offending behavior  
is good & helps when we get out.  
Some of the psychiatrists are good.  
But they don't give me a plan to get  
out of here.

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

Food vouchers Petrol vouchers  
Sister came twice a week  
More involved in [REDACTED] rehab. They  
get some info 'he has to do this & that!'

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

more people with lived experience

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?

more social groups. went outdoor adventure bush walking rock climbing  
would like to join a group about mtt

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?

Have options for treatment  
structured programs for people to progress thru the system

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

More people involved  
 more transparent system  
 Consistency of support  
 Accountability  
 more lived experience workers

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

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