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

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What are your suggestions to improve the Victorian communitys understanding of mental illness and reduce stigma and discrimination?

As soon as I was diognised with a Mental Illnesss I was started to be Bullied by friends and family . this has gone on know for more than ten years now . Bullying is against the Law . this Bullying caused me to relaps . Beacause of this I am even sicker than I was . I don`t blame the medications not working I blame Society for treeting me in a Bullying manner.
                                        For example my old best friend started calling me PHYCO . this broke my Heart and that has given me feelings of anger while trying to cope with my illness . this Illness has made me hate witch is a very horrible emotion though it is not ellegal .

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?

To not descuss my condition with people other than my self ie friends and relitives

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

To stop people being bullied for having a mental illness

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.

To treat the person with the Mental illness as the priority inocent untill proven guilty in a court of Law . doctors and Nurses are just that not Lawers they shouldlisten to the person with the Mental illness not strangers not take the Law into their hands and believe peoples lyes .

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

Listen to the person with the mental illness not strangers

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

Stop supporting the families and supporting the person with the mental illness for a flipping change

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

To not asume people with a mental illness need help . If you are being bullied for havig a mental illness the Bully needs help not the person with the mental nillness cause your help stinks .

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?

that is their bussiness not yours

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?

"To keep the families of people that are mentaly ill out of the dissision making process regarding the case ,Ask people that are mentally ill what they want and their opinions"

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

to pay the Mentaly ill not the Families of the mentally ill

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

human rights exist