

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

Organisation Name

N/A

Name

Mrs Kim Bunting

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

"To improve the mental health system doctors have to stop writing scripts & actually work with the patients through the issues. We need to educate our children in mental health this means building resilience, dealing with anxieties & using mindfulness tools. Learning about dealing with failure, life isn't easy & where they can seek help. We need to have more respect, discipline & anger management in schools & have parent & adult teaching facilities too."

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 don't think much at the moment is working other than promoting it's ok to talk about it. But there are no concrete solutions being introduced.

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

"We need to get the message out that life is worth living! We need to have clear signs documented so that loved ones, friends & family can identify issues before it's too late. & this all comes down to education. Suicide needs to be discussed with everyone kids included. The lack of social & community has a role to play in this too. People are too self-absorbed to notice what others are feeling or going through. "

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.

Mindfulness programs should be covered by private health or subsidies so it's affordable to lots of people.

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

"The youth, young teenagers. They are getting support from parents & schools are helping them so they're left to deal with these issues on their own. We need mentoring in schools so that these kids have a support person who they can discuss issues with. In most cases kids feel isolated & that no one cares. "

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

Family members & carers don't have the skills themselves to understand or help do education again is a big thing. They also need support groups so they can have help when needed.

What can be done to attract, retain and better support the mental health workforce,

including peer support workers?

More government funding so that people working in these sectors can charge less have more staff & support to help everyone not just those with money or a care plan.

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?

There are plenty of opportunities they just have to have the right guidance & support to see the possibilities.

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?

Education! Incorporate mindfulness into schools not just with teachers teaching this but specialised programs run.

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

Start structuring & formatting the key mental health issues such as anxieties & depression education. Provide kids with the tools to cope with these issues & educate parents on these issues. & stop dr writing scripts for pills. This should be the last option not the first one!

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

" The more you remove discipline the more mental health issues people will have. There needs to be rules & regulations and acceptable behaviours to teach people the right values, beliefs & respect. This gives them experiences in highs & lows of life at an early age so then it's not so devastating when it happens later in life. Saying in preschools you can not use the word NO is crazy! Kids need to learn No & it means NO! It needs to be clear & concise & consistent. "