Clare Dehring

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?

- Better education in schools
- Better training for clinicians
- Mental health friendly workplaces/schools

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?

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

- Faster access to services is necessary
- Faster recognition
  - By health professionals
  - By family members
- Raised awareness through education

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.

- Cost + availability of services
- Quality of services available
    - Better mental health education is required for clinicians
- Ability of clinicians to recognize poor mental health

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

- Lack of services in rural/remote areas
- Stigma
- Lack of awareness
- Unaffordibility

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

- Financial support
- Carers groups
- Individual clinical support for carers
- Access to information

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

- More support for their own wellbeing (access to free services)
- Decent pay
- Reasonable training / work hours
- Value / validate workers
- More paid positions (not just rely on volunteers)
- Government funded courses for workers

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?

- Mental health leave for work
- Promoting mental health in workplaces
- Employment services for those with mental illness
- Community groups
- Peer supported social reintergration

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?

- Better funding
- Regulated training for clinicians
- Services that are easy to access / not unaffordable
- More hospital beds to be available

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

- Funding
- Education
- Increased availability of services
- Increased medicare coverage
- Increased out of-work-hours services
- Increased services in rural/remote locations

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