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

Organisation Name
N/A

Name
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What are your suggestions to improve the Victorian communitys understanding of mental illness and reduce stigma and discrimination?
To improve the Victorian community's understanding of mental illness and reduce stigma and discrimination I believe that there needs to be more awareness of mental illness. If people have more understanding of mental illness they will therefore hopefully have more empathy for the individual/s living with the specific mental illness or will not let the Illness define them as a person. It would be great if it was okay to talk openly about having a mental illness without feeling ashamed. I believe mental Illness needs to be talked about.

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?
"Mental health care plans provided by your doctor are a great intitiative and can really help someone who needs to talk to a psycholigist and doesn't have the money to pay for a session. Emergency contacts like the crisis assessment team and lifeline are amazing. I feel like these numbers Need to be publisized to let people know it's okay to call these numbers when in crisis etc. Having a good support network helps, people who know what your going through and are there to support you. Also having a plan in place for when a relapse occurs is a must. "

What is already working well and what can be done better to prevent suicide?
I think that campaigns like R U OK? And it's not okay to be okay send powerful and positive messages to their many Instagram and Facebook followers. These posts on the social media platforms can make people feel at ease in a sense and not completely alone. I believe to prevent suicide there needs to be more advertisements and campaigns into mental health so that people know that it is ok to talk about how you feel. People need to feel safe and to not feel all alone. We all need to feel comfortable expressing our thoughts and feelings without the fear of judgement.

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.
I feel like there needs to be more publicity about seeking help for mental health and that having a mental illness should be nothing to feel ashamed of. Some people may not even know where to start but I do think going to your doctor first for a mental health care plan if you're not feeling so great is a good place to begin. A mental illness is nothing to be ashamed of and I feel like if you do not have a good support network to start with it may hinder you road to recovery and that a relapse of your mental illness may occur more frequently.

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?
N/A

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?
N/A