

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

Organisation Name

N/A

Name

Mr Trent Anthony Harvey

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

. More explanation and attention in the media of bi polar and schizophrenia

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?

. Private Psychiatry has enabled me to be well and keep out of the public system that saves tax payer money. . More access to Psychiatric care . More Awareness training for teachers in schools

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

I don't know unfortunately except as males do it more Make awareness that being unwell and asking for support is not unmanly.

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.

"Counselling services, should have more links to hospitals "

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

Treating drug addiction as a mental health not a criminal act. Drug addicts should be out in rehabilitation programmes not prison.

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

Carers Being able to get training to deal with people with mental illness

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

Government sponsorship for people to train in this field

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 government supported group therapy programmes to deal with mental illness

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?

More access to private psychiatry for low income people.

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

Greater Advertisement for where to get help online such as Netflix as less people watch regular tv then ever

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

N/A

To whom it may concern

I currently see a Psychiatrist
As I suffer from the mental
illness of bipolar mood disorder
and ~~symptom~~ symptoms of Schizophrenia
My experience is that Psychiatrists
are able to deal with the physiological
aspect of mental illness, that other
types of therapists cant.

I currently see ~~a~~ my doctor
in a private setting, which
enables me to get the ^{right} amount
of help that I need. In the
public sphere, doctors can only
see patients once every 3
months. Which for some mental
illness patients results in over
medicated or undermedicated
patients, as medication monitoring

In most cases requires more
regular attention than the public
health sphere gives.

Yours faithfully

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