

Royal Commission into Victoria's Mental Health System – interim report



Mental health is about what you think and how you feel.



Sometimes people don't feel good.

This could be feelings like being:

- scared something will go wrong
- sad
- angry



If these feelings don't go away, or you don't know why you feel them, you could have a mental health problem, or mental illness.



When you have a mental illness you might:

- not be able to sleep, or sleep all the time
- not feel like eating, or eat too much
- stop doing things you like doing



There are doctors who can help people with a mental illness. This can be a:

- GP – a doctor you see when you are hurt or sick
- Psychologist – a doctor you can talk to about how you feel
- Psychiatrist – a doctor who can talk to you about how you feel and might be able to give you medicine that will help you



The way the Victorian Government helps people with a mental illness is called the Victorian mental health system.



The Victorian mental health system looks at how people are helped or treated in hospitals, and in the community.



Almost 1 out of every 5 people who live in Victoria will have a mental illness every year.



Victoria's mental health system has not been able to help people who need good care and support



People say the Victorian mental health system is not working the way it should.



Royal Commission into
Victoria's Mental Health System



The Victorian Government started a Royal Commission into Victoria's mental health system.



A Royal Commission is a way for the Government to look into a big problem. It helps Government work out what went wrong and what they need to do to fix it.

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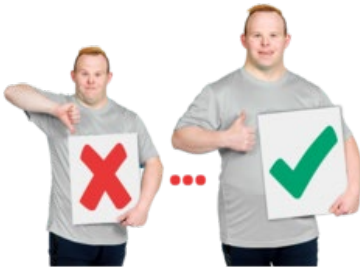
So far people from Victoria have had their say about Victoria's mental health system more than 8,200 times



There will be a final report from the Royal Commission in October 2020.



There is something called an interim report which has things that can be done now to start fixing the problems. These are called recommendations.



The interim report will start getting things ready for the big changes that will happen to the mental health system after the final report.



The Victorian Government has said they will do the things the Royal Commission says need to happen (their recommendations)

The recommendations in the interim report are things like:



- Starting a Victorian Collaborative Centre for mental health and wellbeing.



- Making room for 170 more beds in hospitals for people who need care right away to keep them safe.



- Having better care and support for people who don't want to live anymore.



- Making a place where people can live, that has staff who have had a mental illness or are close to someone who has had a mental illness.
- Having more workers who have had a mental illness or are close to someone who has had a mental illness.



- Having more services for Aboriginal Victorians.



- Making the staff that work in mental health and its bosses better at their jobs



- Making sure there is money put into the mental health system to make it better.



- Having an Office whose job is to work on the what the Commission says must happen (recommendations).



Our work doesn't stop here.

We will give the final report in October 2020.

This will show a new and better way to change Victoria's mental health system for people living with mental illness, their families, carers and the community.