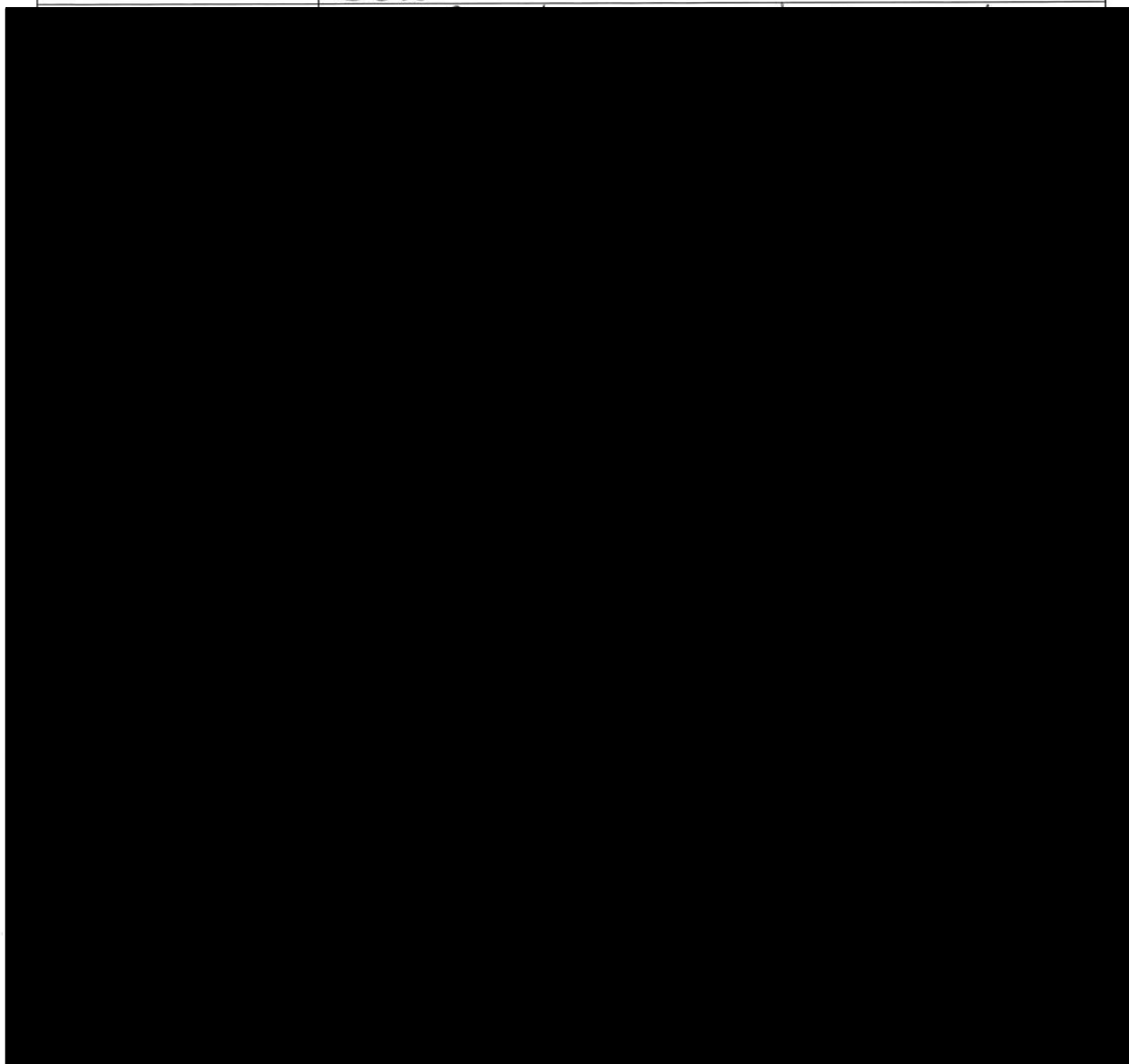
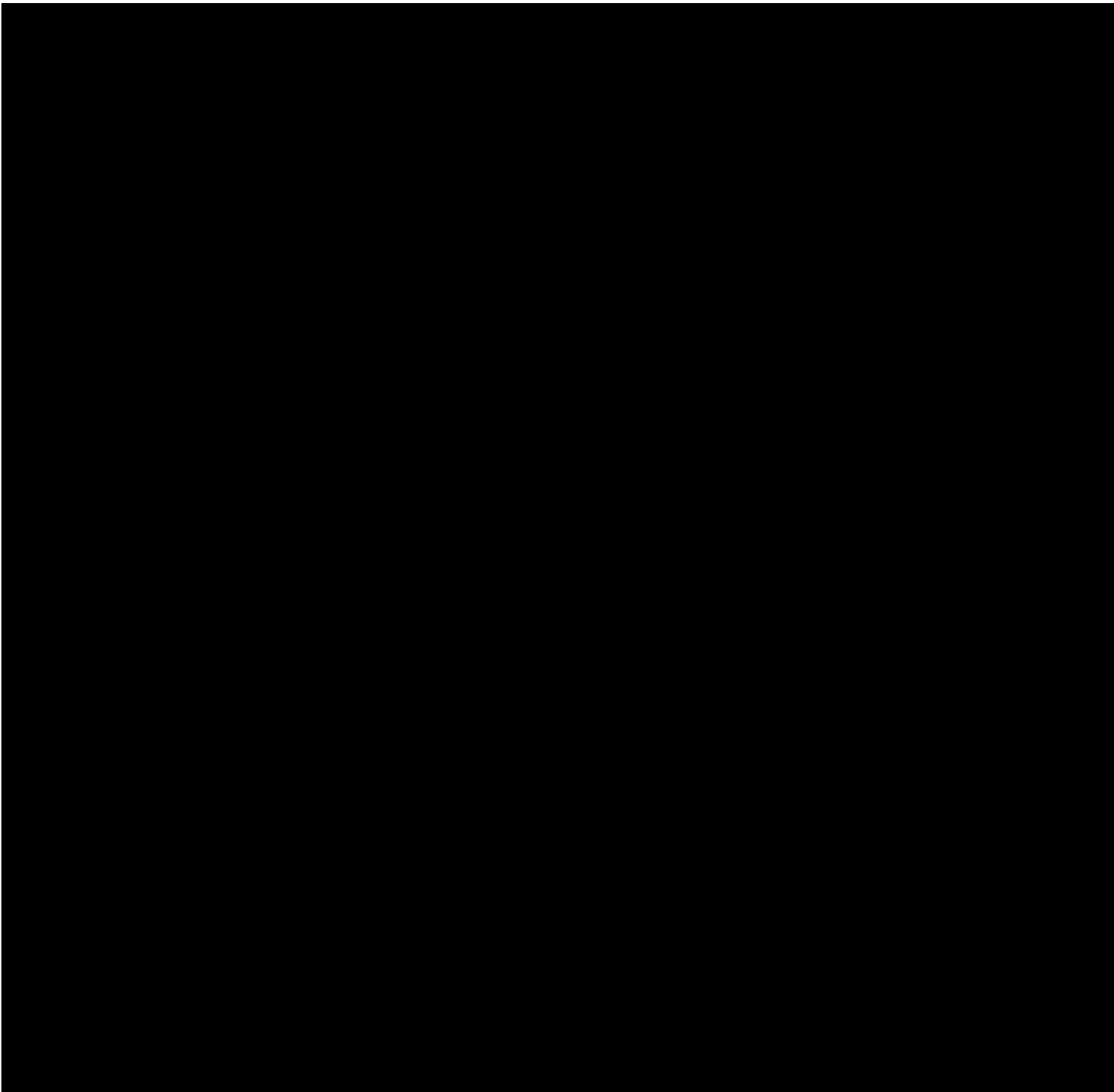


Your information	
Title	Public officer
First name	Shane W
Surname	Lewis



Type of submission	<input type="checkbox"/> Individual <input checked="" type="checkbox"/> Organisation Please state which organisation: <i>THE CYCLE OF LIFE CHARITY EST 1998</i> Please state your position at the organisation: Please state whether you have authority from that organisation to make this submission on its behalf: <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Group How many people does your submission represent? <i>VICTORIAN COMMUNITY</i>
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<p>Please indicate which of the following best represents you or the organisation/body you represent. Please select all that apply</p>	<p> <input type="checkbox"/> Person living with mental illness  <input checked="" type="checkbox"/> Engagement with mental health services in the past five years  <input type="checkbox"/> Carer / family member / friend of someone living with mental illness  <input type="checkbox"/> Support worker  <input type="checkbox"/> Individual service provider  <input type="checkbox"/> Individual advocate  <input type="checkbox"/> Service provider organisation;              Please specify type of provider: _____  <input type="checkbox"/> Peak body or advocacy group  <input checked="" type="checkbox"/> Researcher, academic, commentator  <input type="checkbox"/> Government agency  <input type="checkbox"/> Interested member of the public  <input type="checkbox"/> Other; Please specify: _____       </p>
<p>Please select the main Terms of Reference topics that are covered in your brief comments. Please select all that apply</p>	<p> <input type="checkbox"/> Access to Victoria's mental health services  <input type="checkbox"/> Navigation of Victoria's mental health services  <input type="checkbox"/> Best practice treatment and care models that are safe and person-centred  <input type="checkbox"/> Family and carer support needs  <input type="checkbox"/> Suicide prevention  <input checked="" type="checkbox"/> Mental illness prevention  <input type="checkbox"/> Mental health workforce  <input type="checkbox"/> Pathways and interfaces between Victoria's mental health services and other services  <input type="checkbox"/> Infrastructure, governance, accountability, funding, commissioning and information-sharing arrangements  <input checked="" type="checkbox"/> Data collection and research strategies to advance and monitor reforms  <input type="checkbox"/> Aboriginal and Torres Islander communities  <input type="checkbox"/> People living with mental illness and other co-occurring illnesses, disabilities, multiple or dual disabilities  <input type="checkbox"/> Rural and regional communities  <input type="checkbox"/> People in contact, or at greater risk of contact, with the forensic mental health system and the justice system  <input type="checkbox"/> People living with both mental illness and problematic drug and alcohol use       </p>



**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?

Improved generational education on preventative therapies.

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?

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.

Generational bad conditioning of behavior that leads to poor mental and physical 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?

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

Many carers need more supported breaks for their health needs.



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

Better State, Federal and community communication.

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?

I have worked in programs for over ten years helping Victorians recover from mental health problems.

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?

From a current report by Victorian State Government in 2016. 355 Victorians under Victorian Mental Health care. Died Violently, unnaturally or unexpected. This must stop!

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

Put people in charge who can see proper care installed within Victorian State Government 'mental' health.

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