

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

Organisation Name

N/A

Name

Mr Corey Williams

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

"We need more awareness. Too much emphasis on the one with the mental health issues to reach out. A severe failure of understanding that people suffering depression aren't even aware they are depressed. As a person who has battled depression unknowingly for over 3 decades, to me I was normal. Saying I should reach out and seek help when to me I wasn't even aware I had mental health issues until I imploded became extremely angry and threw away a 25 year relationship because suddenly I was suicidal and wanted no one I cared for around me."

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?

There are a lot of great services once you're aware of the issue. Not enough support for fathers who have been denied access to their children by vindictive ex partners. Not enough support for men who are suffering domestic violence. Not enough educational campaigns to highlight other forms of abuse. Men just see DV as physical violence. We aren't even aware we are suffering at the hands of controlling partners. We even call our friends pussy whipped or under the thumb when they are being socially and financially controlled.

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

Better education and awareness. More programs for men to retrain their minds. We were raised to suppress feelings and emotions. We just aren't aware of what's happening as we have spent decades pushing the emotions and feelings down as it's not manly to show them. How can we recognise we have issues when we have never been given the tools to recognise and then process what's happening in our minds.

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.

It's hard to reach out to admit you're not a man you're broken and need help. To accept you have all these emotions you just never knew were there. Once we make those steps the rest is pretty easy.

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

"Separation, divorce, being alienated from children. Family court CSA etc. It needs to be gender neutral. "

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

Education on what's happening and why.

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

Remove gender make it a normal thing for boys to cry for men to show emotion through educational campaigns.

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?

There are opportunities but we need more education and campaigns to aid with awareness. Then we need more support and not based on the Duluth model. It's not working!

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?

"Family, fathers are reduced to weekend dads. Why? Why doesn't 50-50 care automatic. Why is it woman can lie and manipulate without consequences. Why do we belittle men who show emotions. The whole system is sexist as and not helpful at all "

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

Education needs to step up! Then support services need to increase. Removal of these campaigns shaming men. So much to be done.

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

Fix it now. We lose too many men to suicide every week. It's a national crisis and it's real. Not like the false campaign of 1 woman killed a week shaming men. Get it together. Help us! Fix family court. Why do we have to send ourselves broke fighting for our children's right to have a meaningful relationship with both parents?