

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

SUB. 0002.0028.0382

Name

[REDACTED]

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

"General practitioners need better training in helping people with depression, they should also follow up, without fail, any patient who has sought help for mental health issues but not returned for a follow up appointment. It takes a lot of courage to speak out with the stigma surrounding this subject. More support is needed"

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?

"Nothing is working well in my opinion.. for the majority of sufferers, it's a virtual minefield to navigate where help can be sought"

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

Nothing is working well !!!

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.

N/A

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?

Carers and families struggle finding support as much as the person suffering

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

"Better wages, better facilities"

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 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?

"We need more beds in better facilities , short stay places for time out, not sterile hospitals .. more retreat type places with specialised carers and support workers . People can't just be thrown into hospital psych wards, doped up for a few days, then kicked out due to a shortage of beds "

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?

"As a parent , watching one of my children struggle with depression and anxiety , watching for the slightest sign that it's becoming all too much for them , is just terrifying .. the gp visit when he decided to open up was a joke, here, take these pills, they may not work so come back if they don't .. you should also get some counselling , but you need to find one yourself hmmm ... not helpful , not supportive "