

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

SUB: 0002.0001.0047

[REDACTED]

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

N/A

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?

My spouse died from eating disorder and depression and was self medicating with no intent to seek help. She always told me she was too old (40s) to get help. If there was more prevalent advertising that eating disorders and depression can be treated it may have given her hope and given her a chance to seek treatment.

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

"My wife went to intensive care after overdosing on anti-depressants and I was at the hospital every day to see her. At no stage was I asked about her past by the psychiatrists who visited her every day and I was asked to leave while they attended her. I could have given them so much information about her past that she wouldn't have told them. She was self medicating, had an eating disorder and I'm certain she wouldn't have told them that. She also discharged herself and no one from hospital advised me. I feel the protocols at hospitals with attempted suicide need reviewing."

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.

I think it's more about how to give people the incentive to seek help as in my experience people with eating disorder don't want to seek help.

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

"In my experience, the process of someone with a mental health issue contacting GP and then GP prescribing anti-depressants is flawed. My spouse was self medicating and went to her GP who in turn prescribed anti-depressants without referring to psychiatrist. In my experience, some anti-depressants make people worse and have a higher risk of suicide."

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

N/A

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

N/A

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 Victorias mental health system should ideally look like, tell us what areas and reform ideas you would like the Royal Commission to prioritise for change?

Hospital protocols need reviewing for suicide attempts instead of discharging patient without consulting family members or assessing whether they should be sectioned.

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?

N/A