

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

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## Name

Anonymous

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

Stop locking people up when they admit they have a mental illness

### **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?**

Not locking people up who have mental illness Decent respectful community care

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

Treat people with dignity and provide a basic income Listen to clients Understand the spectrum  
Better post natal care for family

### **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.**

Income Ease of access Fear of over zealous cat teams

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

Stigma Lack of access Cost Time

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

Understanding Psychology Mothering by the community

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

Don't recruit the dregs Really seek people who genuinely care Make mental health care transparent

### **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 not many We need to treat everyone as worthy of care and as we would hope our own family would be cared for

### **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?**

Community care Universal income Community visitors

**What can be done now to prepare for changes to Victorias mental health system and support improvements to last?**

Transparency and reporting

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

The [REDACTED] is worse than a prison it must be shut down It's full of neglect and abuse of clients It's dangerous and frightening No one can grow well there It wrongly administers medication It provides no programs to help It makes clients suffer neglectfully It's based on fear and control It's the worst thing that's ever happened in my life I will never recover from my wrongly forced time there It gave me PTSD Sex offenders are in with vulnerable women Families cannot safely visit I refused to take wrongly dispensed medication I knew I hadn't been prescribed and was labeled non compliant My child was kept from me even though my treating psychiatrist agreed I posed no risk to them or myself I will never recover from that evil place It has crushed my soul No one is allowed out Toilet brushes are used to clean sinks we had to drink from Male staff members insisted on watching me shower Toilet paper was a luxury and people used it to barter for food It is worse than Mordor Male clients broke into my room and threatened me People were bashed by other clients and staff I would rather die than ever go there You would not keep an animal in those appalling conditions No programs were offered No social worker was offered No legal assistance was offered No activity offered All activities cancelled every day Many went hungry because they couldn't fill in the form It is literally hell on earth in there I was physically threatened and staff did nothing Washing was not possible