

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

SUB. 0002.0010.0026

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

Compulsory mental health first aid training.

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?

N/A

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

N/A

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?

"These people should be eligible for a mental health care plan (even if they don't have any mental health symptoms themselves), simply by virtue of the fact that they are supporting someone with a mental health issue. My husband has a mental health issue and I have been struggling to know how best to support him. I went to the GP to get a mental health care plan and, after completing the relevant test, was advised that I did not fit the eligibility criteria for a mental health care plan. I feel it is incredibly important (and helpful) for me to be seeing a psychologist to assist me to support my husband, and look after my own wellbeing, but have to pay for this entirely myself. The system should be encouraging family members and carers to be proactive about how they can support their loved one, which has a dual function of preventative care for their own mental health."

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?

N/A

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