

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

## Organisation Name

N/A

## Name

Mr Richard Kostraby

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

"More advertising, stigmatizing, More hospitals as per the old standard."

## 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?

"Cat team must be very responsive, MORE hospitals for emergency HELP---- vital."

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

Not much. !!

## 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.

To big to answer in an e mail.

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

"As above. Ice is a big problem, People NEED immediate HELP eg, go to a hospital and not get shoved away, at which many kill themselves, !!!!"

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

"Everything, its a lonely depressing, place to be in if your love 1 has mental illness. Im talking Schizophrenia which many find TABOO. We careers ,family members suffer greatly in silence."

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

No idea.

## 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?

No idea.

## 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?

As i have mentioned previously.

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

No idea.

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

"I'm happy to talk face to face with any Commission,not looking for a miracle,BUT we/us careers can tell u the TRUTH,we are Forgotten people."