



Commission update – May 2019

Over the past few weeks, I have been running a series of community consultations with my fellow Commissioners around rural, regional and metropolitan locations and we've met so many generous and passionate people.



*Commissioners at our community consultation session in Whittlesea
(L-R: Professor Bernadette McSherry, Professor Allan Fels, Penny Armytage (Chair), Dr Alex Cockram)*

Through these first sessions we have already experienced the genuine goodwill felt towards the Royal Commission and the incredible willingness of people to share their experiences and insights, even when this can be painful.

We have heard from people who have faced some very challenging and complex issues trying to gain access to services they need when they need them.

There are common themes being discussed, including the need for enhanced integration with other services, and better suicide prevention support. We are also hearing regularly about the gaps between GPs and crisis support, and a lack of access to mental health services for young people.

We have more consultations taking place this month, and if you haven't already, I encourage you to register your [interest](#).

Recently, we launched a portal to accept submissions [online](#) as written, images, audio or video content. This is the easiest way to get involved.

The submission process takes users through a series of questions on reducing stigma and discrimination, preventing suicide, early intervention and how people access and experience treatment and support.

You can also watch this [short video](#) to find out more about our work so far.

We want to hear from the whole community – so please let your friends, family and colleagues know how they can contribute to our work, and how important it is that they have their say to improve the future of mental health in Victoria.

If you need help to make a submission or have any questions please call **1800 00 11 34** (Monday to Friday, 9am to 5pm) or email contact@rcvmhs.vic.gov.au.

Penny Armytage
Commission Chair, Royal Commission into Victoria's mental health system