

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

Organisation Name

N/A

Name

Ms Alina Tooley

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

"I was a victim of pregnancy discrimination and sexual harassment at the [REDACTED] [REDACTED] which has led to me suffering severe mental illness. I was approved for workcover and I have to say dealing with Xchanging who are the agent for Worksafe has further exacerbated my injury. The entire way mental illness is treated by Worksafe and its agents is an absolute disgrace and needs a massive overhaul, as does the way the [REDACTED] encourages a culture of discrimination and harassment that leads to many suffering 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?

Nothing about the Worksafe approach to mental illness is working--my psychiatrist tried to have me admitted to a private facility as I was suicidal and Xchanging refused to pay for this.

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

As above --- the Worksafe system has led me on several occasions to being suicidal and needs to be part of the Royal Commission.

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.

"Working in the [REDACTED] has done irreparable damage to my mental health, as has dealing with Worksafe and Xchanging. "

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

People with mental illness who have been engaged with Worksafe need to be given a voice at the ROyal COMmission. I suggest reading the ombudsman 2016 about Worksafe.

<https://www.ombudsman.vic.gov.au/Publications/Parliamentary-Reports/Investigation-into-the-management-of-complex-work>

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

My partner has been through hell and back caring for me because of my injury and the way Worksafe have made things more difficult and exacerbated my injury.

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?

A complete reform of how Worksafe deal with mental illness. An investigation into the mental illness caused by working in the [REDACTED]

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