

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?

Somewhere to go as I have found the general medical system is dangerous and counter productive

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?

I am not sure

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

I am still not sure unless you have a lot of money

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.

"GP access is a shameful degrading experience and it stops there. Psychology helps initially but stops after mental health plan finishes and depression doesn't go away. Medication can work but finding the right treatment can be a danger experience without support. Can be also a dangerous drug that is hard if not impossible to get off leaving you nowhere to go or worse, the wrong drug but cannot get off it to trial another. Very much left on my own to trial drugs or ween off drugs."

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

"Understanding, empathy. Education as to what is really going on. I have found either fear or arrogance."

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

Support and empathy. Education and respite.

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

"Having direct experience with mental health. Having respect for the patient. What can be done to support the mentally ill patient, including their support?"

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?

Somewhere safe to go. More social interaction .

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?

Education to mental health workers especially GP's. Coordination safe respectful teams rather than fragmented support costing too much to access. GP/psychologist/psychiatrist/mental health social worker.

What can be done now to prepare for changes to Victoria's mental health system and support improvements to last?

A safe place in each community to access mental health needs and to build team.

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

"My experience in the current mental health system has not only been unsuccessful but a traumatic, dangerous and shameful experience which has nearly cost me my life a few times. I do not want to die so I don't seek help anymore. I have suffered from major depression and bi-polar most of my life and have fought to find comfort and relief from anywhere I can find. I have come to the end of the road knowing there is no genuine help out there. There is a huge lack of understanding as to what depression and mental illness is and the emotional pain involved. Definitely not taken seriously."