

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

Submission. 0002.0029.0236

Name

Anonymous

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

Make the health system work properly.

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 is working well. We need to financially support our struggle. If we can't afford private health insurance, my wife could be already dead."

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

Nothing is working well. The Government should open more hospital beds in the acute psychiatric unit and possibly set up the public mental health hospital like existing private mental health hospitals. Better and faster access to psychiatrist in the CAT team would help too.

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.

We could not get any mental health support from the public nor private health system at all until the situation becomes critical.

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

I am living just 500 meters from the [REDACTED] Hospital and [REDACTED] Acute Psychiatric unit and I could not get ANY support from either of them.

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

Trust them when they describe how the system failed them

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

Better pay and more hospital beds.

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?

"Have job services that are capable to employ an look after people with mental health issue. Every

time my wife finished in the hospital, she lost her job and nobody care less."

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?

"More hospital beds, more psychiatrists available in the short moment notice, some kind of the mental health emergency. Current CAT teams just do not provide required care in emergencies. They can't even organise the hospital bed in neither private nor public hospital within two weeks."

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

More hospital beds and emergency mental health service that actually works. CAT does not.

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

"A lot of things went wrong every time we actually needed access to the mental health. My wife is just lucky to survive two suicide attempts due to lack of care. She survived for crisis and each of them could be tragic. It has to stop, we need access to psychiatrist when crisis happened and hospital bed within day or two. "