

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

SUB: 0002.0015.0021

Name

Anonymous

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

"I passionately believe there needs to be funding tipped into raising awareness of ADHD in adults. Particularly what this looks like as inattentive type and ESPECIALLY in women where it presents differently. Of the statistical 5% of adults with ADHD only a very small fraction have a diagnosis or are even aware. People with undiagnosed ADHD face so many barriers to not even success, but daily coping. It is hugely common for childhood ADHD which is undiagnosed to expand and co-morbidities such as bipolar, anxiety and depression to present. If these latter 3 are diagnosed, medication rarely works as it's not the underlying cause. Self-awareness of ADHD, how an ADHD brain works and how to cope can make such a huge difference to quality of life without even taking medication or counselling into consideration. We DESPERATELY need more psychiatrists with ADHD specialisations both in Melbourne and particularly with visits to more regional communities. Resources need to be invested in offering subsidised or incentivised training to existing psychiatrists, as well as encouraging this for those studying. It takes months to get an appointment with a psychiatrist who is experienced. On top of this there needs to be general training and awareness amongst all psychiatrists - there are MANY stories of people turning up to psychiatry appointments (with great anxiety) only to be told they can't be helped as that Doctor doesn't treat adult ADHD - or doesn't believe in its existence. Then there are issues of psychiatrists being incredibly counter-productive and unprofessional to those who feel they may have ADHD."

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?

Awareness of what ADHD looks like in adults - particularly adult women - and how to get help.

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

N/A

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.

N/A

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

N/A

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

N/A

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?

N/A

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