

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

## Organisation Name

N/A

## Name

Miss Elijah-rei Onekawa

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

"First of all, write the mental health laws in a way that is easy to understand. Share real life stories of people that are affected by mental illness and the impact it has had on them. Share more info and advertisement about mental illness. And make sure all treating staff (nurses/doctors/social workers) are held accountable for their actions. "

## 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?

N/A

## 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.

"The compulsory treatment order made it hard for me to experience good mental health. I felt as if my basic human rights were taken away from me. Also when a patient is given any information regarding their diagnosis or treatment, it should also be explained in a way that they understand. Access to services and info should be made easier so that everyone knows where and how to access support. "

## 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?

I am still struggling from being in a psych hospital and ive barely had any support transitioning

back into the community.

**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?**

Compulsory treatment orders need to change. Also medicating (especially antipsychotics) should be given as last resort. There should be more less restrictive treatments. Also easy free access to see psychologists/psychiatrist.

**What can be done now to prepare for changes to Victorias mental health system and support improvements to last?**

Men and women separated in psych hospitals (at least sleeping arrangements) Also every one that has access to psych hospitals should have a police check - especially the security guards.

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

I want to be compensated for my misdiagnosis and wrongfull compulsory treatment of antipsychotics. I am currently being weaned off the medication but it effects my everyday life and i struggle with day to day tasks and activities because the medication dose is high. Also because of my misdiagnosis i should never of been on these antipsychotics in the first place.