

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

## Organisation Name

N/A

## Name

Miss Donna Harkins

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

"I believe we need to reopen the mental institutions to provide somewhere safe and warm for our homeless with mental conditions, somewhere safe for family members and friends to take their sick for care and support, that family and friends are not familiar with. To provide treatment for all mental conditions. "

### **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 believe mental health needs to be taught through schools and suicide awareness needs to be spoken about more.

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

"Provide a safe place for young and old to get help off the streets, educate schools and take the stigma out of mental illness, set it up as a safe place to visit and for them to ask for help."

### **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.**

"Feeling like there is no help out there and no one cares is a big problem I think for these people, feeling like there is no future and no where to go to get proper treatment is a very big concern, more education is a big thing probably could start education now at a very young age. "

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

"Somewhere for these people to live and get help is needed, mental institutions could work."

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

Somewhere safe for their loved ones to live till they have the help that's needed.. mental institution.

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

"Education, is the key. "

### **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?**

"Help, education and showing that they are ok, just in need of some help and guidance."

**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?**

"Mental institutions are needed, more education is needed, society needs to help these people, to get their lives back on track."

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

Proper institutions and proper care

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

"Times have changed, mental illness has now been recognized and accepted thanks to all the awareness but still definitely needs be educated in schools to promote that's it's ok not to be ok, while this has all changed and getting better there is still no where to send these people for help until they get better, that's why they are on the streets, we need to have another look into mental institutions and get them the proper care that their family and friends can not provide."