

Your contribution

Should you wish to make a formal submission, please consider the questions below, noting that you do not have to respond to all of the questions, instead you may choose to respond to only some of them.

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

More promotion / services

2. 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?

As above -

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

~~As~~ More promotion / services

4. 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.

Not knowing where to access,

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

Low socio-economic areas,
 No knowledge.
 No support.

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

Advocacy that's easy to access

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

Not sure - haven't heard of peer support workers.

8. 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?

Hard to say in rural areas. Not sure.

9. 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?

Rural support services need to be prioritised. More ~~of~~ bulk silly psych sessions.