

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

Name

Mr James Holden

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

"As an educator, I think one of the best practices would be to provide training to teachers. Dealing with youth for 25 hours a week, schools don't have good enough mental health service so teachers should be given the ability to help with initial assessment and helping children and families."

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?

Very few schools have this but those that have a well staffed and well educated well-being teams. For example Doveton college are testing and providing support to families and children. Also Berry street do some amazing work.

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

Recognising that it is a problem for a lot of people is a great first step. But it needs to not be a taboo subject in secondary subjects. There also needs to be a recognition that it is a large statistic for men being successful in suicide and we need encouragement for men to speak up. Mental health treatment centres can also be a horrible place and they need to be a more welcoming place for people to turn to.

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.

Internet self diagnosis. It also spreads and support systems aren't there to support the people who are affected when people they know experience poor mental health. Easily ready medication can also make for a dependency.

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

Less facilities and low education are causing mental health problems and prolong their existence. Less facilities in rural communities. Greater education for people working in education. Non-existent Parent education to help families

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

"Education, support for non English speaking families. "

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

Better pay. Counseling for the things that they have to deal with to limit burn out.

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?

School wellbeing systems and education

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

Better education across Victoria to educate people about causes and effects of mental illness and campaigns to limit stigmatism around mental health problems.

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

N/A