

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

Organisation Name

N/A

Name

Miss Amanda Marriner

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

I would like to see some level of counseling in my workplace be made mandatory. I work in an emergency service. Taking time out to call counseling services can be seen as being weak or attention seeking. I think it would help if everyone had to take time throughout the shift to debrief.

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?

The greatest change I've seen is through peer support groups like code 9. They work to raise awareness of mental injury as well as provide a support network. When people see that this is a normal and common issue they are more likely to seek 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.

I found it hard to find a psychologist that specialised in my particular issues. For years I saw various psychologists and psychiatrists with little real improvement. I was and still am managed by medication. I'm only now working to heal the trauma I experienced. I stumbled on a project by Melbourne University where they ask a series of questions about your condition then match you with a psychologist. <http://sigmund.mindfit.org.au/match/>

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?

Information about mental illness is so necessary for carers and families. They need to know what behavior is symptomatic and how best to deal with it. Also having their own peer support is vital.

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?

As an employee of an emergency service I feel like my organisation should have a greater awareness of mental health as an occupational health and safety issue. I would like to see work safe take a larger role in ensuring risks to mental health are reduced where possible.