

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

## Organisation Name

N/A

## Name

Mrs Ann McGrath

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

More honesty and accountability by Victoria police.

## 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?

nothing in my own experience

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

nothing in my own experience

## 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.

stop the bullying and intimidation in the workplace

## 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?

if a family member is diagnosed with a mental illness. Family needs to be informed or it is so easily hidden. In our experience we weren't able to help because we couldn't identify that he had an illness.

## 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 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?

Management needs to be more accountable and honest.

**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?**

"Personally being affected by the death of my son who worked for the Victoria police force. I would like to confirm he was ill health retired with extreme post traumatic disorder a whole impairment in range of class 3 at 50 percent. The police force was particular dismissive of my son. The psychiatrist described my son as having a mental illness very destructive too his daily activities and social functioning. I believe if my son was supported in Victoria Police force instead of being bullied, victimised and ridiculed he would be still alive. It was so bad at the police force that clinical services confidentiality was breached with members of the police force involved in sexual relationships. "