

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

SUB. 0002.0026.0051

## Name

Mr [REDACTED] [REDACTED]

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

"Some conditions that are not visible but present is impossible to find a solution too, even the Dr can give answers. We are left to try and use the internet to find answers."

### **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 is working, there is no help from any medical physicians they can't find answers, my husband can't work or get any financial support because our Dr said it would be impossible to get the NDIS to understand his condition. :("

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

He has never attempted to suicide but has spoken about it being the only solution because no one can 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.**

DRs are just the middle person they seem not to be able to have answers to much these days. It would be good if they could understand that it is very difficult when there is not a cure or it's a condition that stops you from earning money and then you have no income and very low self esteem which really effects your mental health that can be crippling...we just can't find help or answers to my partners issues

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

The Dr doesn't and can't find the answer or manage him to help him return to a normal life and work... it's so depressing. It's like being trapped

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

"Financial support, some sort of income while people are being effected. The Dr or someone that could be attached and manage, work with a long term person that is suffering to get them back on track to a normal life and work. Like a case manager"

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

"Training, access to answers, someone who knows how to manage long term conditions "

**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?**

Getting the right care balance and following up with long term people that live with a condition

**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?**

Better training of GP's and follow up with patients and work with them on the road to recovery

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

Financial support while people are going through this and recognise that if it's not on the list of conditions that there is a way to get support

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

Just hope somehow you can help us through this