

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

## Organisation Name

N/A

## Name

Miss Holly-Mae Scoble

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

N/A

## 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?

N/A

## 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.

"Evidence shows us that mental health is multi-faceted and is best addressed by a multi-disciplinary approach. I would like to see our mental health care plans reflect this. A true plan to improve a person's mental health outcomes by encouraging and financially supporting their access to services that matter. Subsidised psychology, medicines, exercise (gyms, yoga, local sports) fresh food, whatever is specifically proven to improve mental health outcomes. And a clear plan, that supports you accessing the above in a meaningful way. Professionals supporting you along the way and encouraging you to continue accessing these services in the long term. "

## 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?

N/A

## 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?**

N/A