

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

Organisation Name

N/A

Name

Ms Hannah Daniels

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

Give me a chance to be acknowledged and supported. I've applied twice for NDIS funding but nothing I say is getting me the support I need.

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?

I don't feel supported in any way.

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

I am suicidal EVERY. SINGLE. DAY. But no one seems to care.

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.

More service providers. More crisis support that doesn't include invasive and insensitive and at times traumatic experiences through a hospital's ED service. Contact support that doesn't make you wait for an hour or more during a time of crisis.

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

NDIS. It's a joke! It's insulting & an exhausting process that ends up with relapse and seclusion.

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

More services. More school support services.

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

Just when you think you have enough services to support us - DOUBLE THAT NUMBER!

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?

"Access to free or very low cost alternative therapy. Music therapy, art therapy - things that can be done one on one in a safe environment. I don't like to leave the house - do joining a group is something that I can't do. The opportunity to have music therapy in my home would make a lot of

difference to my life. "

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?

"I wrote this not long ago. I think it sums up perfectly what society needs to realise. Would you stand in front of your loved one with a single bullet in a chamber of 6 and aim it at them every time you told them they werent good enough? No you wouldnt. Every time you bring them down, turn them away, ignore their pleas for help, make them feel invisible, remember this. You are playing a deadly game of Russian roulette and next time it may just be the chamber that holds the bullet. Your words and your actions are just as powerful as the bullet in that gun. Choose them wisely. It might not be YOU saying those things, but to me this is what the mental health system is telling me every time I try to find support. So Id like for you to ask yourself this: If this was your loved one, what would you do to stop that bullet? "

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

Make changes NOW. Every day that we have to wait; another 4 people will die.

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

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