

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

Organisation Name

N/A

Name

Mrs Gaurvi Shukla

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

"More awareness and sharing of OHS stories to public through posters, volunteering stories, to make them aware of possibility of mental illness around them and how to handle it. So that all can be helped being safe and serviced. Once diagnosed, provide adequate education and support to public and workplace to reduce discrimination. Provide with strategies for coping."

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?

A good framework of counseling services across is helpful. But education of various mental situations to general public is still lacking. Some ideas need to be devised to bring awareness to let public identify types of disorders and repercussions of it in family members that could be used as cues to identify a set of problems. Counselors need to broaden their understanding of various disorders minutely so that effective help can be given. Domestic violence courts should incorporate more mental awareness support and campaigns.

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

"Not sure, as not dealt with this issue."

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.

"Firstly hardest is for people to understand that they may have a problem. Hence they don't discuss with GP. GP need to more effectively pick up cues and deliver it to patient, making them understand to take corrective actions to help self and family. Creating unique ways of creating awareness and possible solutions in public is most important way as per me. Secondly making health services more affordable. As they are pretty expensive. "

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

"Low financial status, lack of school and uni level education in women, gender biasness, religious sentiments misused to cover such issues, failing to identify what mental illness could look like, unable to differentiate between acceptable and non acceptable behaviour and eventually leading to bad mental health affecting children in family too, or workers in workplace. Various immigration communities participation is extremely important."

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

"A family member who identifies self undergoing mental condition due to another family member,

is unable to help solve problem from root because main family member does not accept that they can have any issue. Hence root cause is not solved, other family members continue to be in mental health issues, draining finances for treatments and in later life incorporating more health issues like diabetes, liver, heart, hormonal, issues creating more burden on system and well being of family. More transparent system or ideas need to be incorporated in cases where one family member suggests mental issues in family. Privacy act needs consider these situations. Main family member scares women and children with laws so that they don't go for help. GP needs to be more capable and informed to spot and guide person in need. "

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

"Helpful easier intake of workforce from various communities should be encouraged. Better remuneration, self care help strategies on rebates, meditation etc. "

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?

Disabilities job assistance and ongoing support should be provided. Workplace participation of disabilities employment should be encouraged. I am unsure still and researching how to incorporate a person who has been identified as criminal in court due to mental illness or disorders. And what should be done to check their destructive patterns and channel to positive outcome.

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?

Advocacy of mental health in various communities and workplace. Involvement of workplace - Taking bullying complaints seriously and finding strategies to then identify parties that can be helped on mental health front. Incorporating counselling units in courts that work effectively for victims as well as perpetrators.

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

Consistency in work once identified. Connecting various services that are scattered so that a person doesn't feel overwhelmed with information. Making GP more efficient in helping communities.

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

Thank you.