

Christina Whelan

**Your contribution**

**Should you wish to make a formal submission, please consider the questions below, noting that you do not have to respond to all of the questions, instead you may choose to respond to only some of them.**

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

Promote awareness by education.  
Educate via TV, social media +  
Newspaper.

2. 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?

Promote GP awareness of signs +  
onset of  
symptoms of early mental illness.

Promote people to speak up if they  
are not okay.

Promote free + accessible (easily)  
mental health services

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

Awareness that people are not alone,  
and that they are accepted + that  
help is available

Ads on facebook, social media  
and public spaces about where  
to go to seek quick help.

4. 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.

Rising economy, prices of living ↑  
 childhood bullying at school. promote that  
 bullying is bad in schools + at home  
 ↓ stigma + discrimination among  
 population groups.

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

Stress,  
 Terrorism  
 Money.

Promote awareness  
 on what is okay  
 behaviour in AUS  
 promote rules  
 ↓ economy + cost  
 of living.

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

Education.  
 hands on experience (more)  
 more funding for mental illness  
 for support workers + carers to  
 assist mental illness patients in  
 daily living.

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

Promotion of the roles of support workers.

Explain + educate people on mental illness.

give guidance + support when needed.

more frequent training at better prices.

8. 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?

Libraries

social groups.

9. 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?

NDIS funding better support mental illness patients.

More NDIS funding for housing w/ supports.

Better OT access for intervention for improvements in daily living.

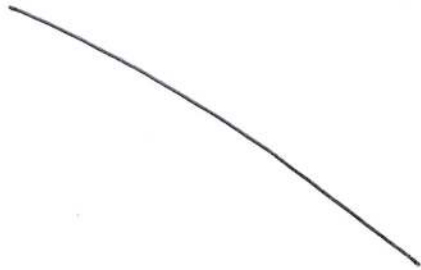
Better diagnostic system for mental illness.

24/7 access to guidance + support <sup>4</sup> <sub>7</sub> <sup>families</sup> <sub>travellers.</sub>

10. What can be done now to prepare for changes to Victoria's mental health system and support improvements to last?

Advertising.  
Improve hospitals mental health services.  
Make more beds, and community programs.

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



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Yes  No