

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

## Organisation Name

N/A

## Name

Miss Amelia Murphy

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

Open up the discussion more to help people understand the difference between mental health and mental illness.

## 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?

"While I was easily able to access a psychologist because I live inner city, friends of mine couldn't because they're in rural areas and had long waiting times and not much choice over who they see."

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

"Lifeline is great, but costs to access so if people have no credit (and having no money often elicits feelings of worthlessness) you can't get the help you need. It should be a free service."

## 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.

N/A

## 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?

"Often I don't let my carers know I'm going through something so as not to worry them. And I know they do the same. It worries me that it may be hard for friends and family to access mental health care, especially because of me. Psychologists or counsellors should not be so expensive, and the gp organised ones are few and far between."

## 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?**

"Ideally, the reasons for compromised mental health need to be looked at. Jobs, better pay, help for mums and dads, help for the disabled (me), less roadblocks to accessing services."

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

"Make the changes well known. Not everyone's on facebook (weird I know) so ads on tv, at public transport stops, in hospitals/doctors offiices. Fund not just for now, but into the future and legislate that it cannot be changed with change of government. "

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

"The NDIS was supposed to help me. I had a massive stroke at 31, taking out my whole right side. I am now 36. I have worked so hard in rehab and now have a semi normal life though my hospo background has made returning to work impossible. So far the NDIS has done nothing but take a lot of time and make me feel hopeless. Last year I was doing well. I got qualified in training and assessment (on my own dollar) and thought this year would be amazing! But no. Trying to get the proper funding from NDIS has sent me into a downward spiral and now I've done nothing with my TAFE qualification. One government initiative is so greatly impacting another, I felt I needed to write to let someone know. There is a reason some people have bad mental health, and sometimes thats the government. "