

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

Organisation Name

N/A

Name

Mrs Margaret Cahill

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

It needs to start in primary school education for resilience and accepting life has ups and downs

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 think there is help out there but not enough!!!! there needs to be larger (Hospital s) don't like that word for mental health as it usually frightens someone that is not coping, even unwell is sad phrase, I'd rather it be called care and support facility. A mentally unwell person should not have to go through a emergency department of a hospital , there needs a to be a seperate facility, they are not coping and don't need to sitting around for 3-4 hrs to be seen, most would probably get up and leave they just don't cope !!!!!!!!!!!!! And the drs need more insight, qualifications in mental health! SEPERATE FACILITY WITH QUALIFIED DRS /CARERS WITH LONG TERM HELP"

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

At the time of my 3 family members committing suicide there was not enough education or support ?????????????????????????????????

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.

"Needs to start in early education, mobile support clinics"

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

Mobile support clinics

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

More insight to mental illness when my young brother suicided in 2000 I had no idea about it ???again education

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

"The cause of mental health, usually pressures from the work place, management needs to know the consequences ! Support from the top "

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?

"Seperate facility ((hospitals)) for unwell to admit too, not public private hospitals "

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?

"This is a real emotional thing for me to discuss my family has had 3 suicides and quite a few mentally unwell members still!!!!!! the others are getting some help but not enough ?? need more facilities more beds for LONG term care more funding, for I have suffered and still along with them and it breaks your heart ??"