

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

Organisation Name

N/A

Name

Ms Sarah Simms

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

Make sure the community knows that there are different causes of bad mental health. It's not always alcohol and drugs that can cause mental health problems but sometimes it's genetic and it can be caused by trauma or have no known cause. People with mental health issues that weren't caused by alcohol and drugs shouldn't be housed with drug addicts and alcoholics.

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?

Waiting times for appointments and housing is too long. Hospitals that deal with patients that have acute mental illnesses just adjust the medication for these patients and send them on their way without giving the patients support.

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

N/A

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.

Housing for people with serious mental health issues needs to improve. These people who acquire mental health problems from drugs and alcohol shouldn't be housed with other mentally ill people. There should be more SRS for just for mentally ill women to live so they are safer.

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?

N/A

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

Have more security in hospitals that can help the nurses deal with mentally ill people if they are acting in a violent manner. [REDACTED].

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?

██████ has plenty of activities to attend so this doesn't seem to be a problem. It's more everything else that is lacking such as housing.

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?

When a person is sent to hospital because of an acute mental episode they need more support and counseling as well as having their medication adjusted. There needs to be more support for these patients too. Mentally ill people should be separated into two categories. Those who have mental illnesses caused by drug use and alcohol and those who's mental illness is not caused by drugs and alcohol. This needs to be done because both groups have different needs. Women with mental health issues need to be kept safe from sexual predators. The predators could be workers that take advantage of them or it could be other mentally ill patients. I think it's a great idea to have separate SRS accomodation for women. More funding needs to be given to SRS so that they can't charge a large amount of the patient's pension to stay there. SRS's need to have a limit of how much they can charge for rent.

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?

N/A