

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

SUB. 0002.0028.0286

Name

[REDACTED]

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

"It is my opinion that mental health conditions need to be investigated much younger in children who have genetic predisposition, very premature birth or display behaviours that are not those of a typically developing child "

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?

"Support services and professionals need to be more open to diagnosing young people, there seems to be such reluctance, the idea of not labelling can be detrimental to getting correct diagnoses and treatment for young ones. Premature babies get some early intervention but it is not enough! It is extraordinary that doctors are saving babies earlier and earlier, but the services need to keep up with the medical advances "

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

"Early diagnosis and early intervention so that young ones can understand confusing things about themselves, so they don't continue to grow up feeling confused, scared and different "

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.

"Being born prematurely and being genetically predisposed can contribute, as can bullying, it's essential that services are easy to access and that services talk to one another so those suffering don't continually have to tell their story "

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

"Bullying and lack of understanding of mental health issues, psychological mental illness and trauma related mental illness need to be better understood, spoken about, we need to do for mental health over the next 30+ years, what we've done for disability over the last 30"

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

"More support groups, care and understanding. More help to access services on behalf of the person suffering and BEING LISTENED TO and BELIEVED as we are often the only one they know certain things and often can see episodes coming before the individual suffering does "

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

Education and professional development needs to be constant for people working in the profession

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?

"There's a lot happening on Regards to supporting mental health in the work place which is sensational, there's some good happening on primary school and high schools but nowhere near enough! There needs to be a mental health first aid nurse (at least 1) in each school. Teachers need to recognise that bad behaviour is not just normal teenage and need to be better able to recognise a mental health crisis coming "

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?

Premature birth early intervention services... particularly in regards to infant and parent mental health after a premature birth! This is essential! Primary school and high schools should have systems and procedures in place to help with mental health as its own class just as sex/ed classes or P.E

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

"More research, more asking questions and more funding for those affected and their Carers "

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

"I have grown up with my brother who has Bi polar disorder that wasn't diagnosed until very late in his life, it was very tough! I had a beautiful baby girl born very prematurely, the services do not match up after these children are born, there's just not enough services and there is not enough willingness to diagnose young people. My daughter has suffered with severe mental illness since very small and I've been banging my head against a brick wall to get the help she needs, I have almost lost her multiple times. It is heartbreaking. She suffered bullying throughout high school and has PTSD, Borderline Personality, chronic Anxiety and Depression, I have had to start up my own support group for Carers as there was no easily accessible help for me. We need to help more and earlier if we want to stop losing these beautiful people "