

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

Organisation Name

N/A

Name

Mr Leigh Benton

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

More psychiatric beds in Bendigo region. I went to admit myself to [REDACTED] 2 years ago with suicidal intentions and was turned away and sent home to see an outreach service the following day due to no available beds. When I visit the outreach service the dr would not even consider treating me as I have a very complex case of mental health issues stemming back 20 years including poly substance abuse. The outreach service told me to see my private psychiatrist which I had not seen for some time as I was discharged and he is booked out for appointments for minimum 3 months in advance

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?

There is no public service. Mental health working well

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

We need more hospital or psychiatric beds

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.

There is no public service for psychiatrist in Bendigo unless you are a rehabilitating drug and alcohol user who is under case management

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

Lack of public funding and high cost private doctors

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

More respite and education for Carers and support networks

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

More public funding

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?

Better NDIS funding and faster approval. I have been waiting 18 months for the NDIS and

still nothing

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?

More treatment facilities that are bulk billed More beds for triage More long term rehabilitation centres for ice Addiction

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

Large scale psychiatric centres Large scale detox and rehabilitation centres for drug addiction no quick fix for ice addiction full treatment centres

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

I have rehabilitated from drugs for over 13 years but the system has failed me for 20 years I waited 4 years to see a psychiatrist which I had to in the end go private before I begin to get some relief and quality treatment If it wasn't for dr Scott Eaton I would be dead