

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

SUB: 0002.0018.0045

N/A

Name

[REDACTED]

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

"Mental illness affects all families. Discrimination within all sectors of mental health, including those working in mental health communities. Access to workforce information regarding mental health. "

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?

"Not very much. Medication is expensive, private psychiatrists are double the recommended fee. People on disability pensions, can not afford good treatment. Waiting lists are too long. Private doctors can't access public hospitals. If you don't fit the box when it comes to treatment for public facilities, then they don't help you!! Turn sick people away. "

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

"Supporting sick individuals who reach out for help, and not turning them away. "

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.

. Every individual has different needs. Mental health have stringent guidelines and decide whether you can access help. If you don't fit their guidelines then you don't get access to appropriate help.

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

Needs a huge overhaul. Too many people are dying unnecessarily because of lack of resources and not enough staff. Paperwork takes more time and less time spent with individuals requiring care.

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?

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?

Not turning people away. Releasing sick people after 3 days. Allowing private drs to have contact with public mental health institutions. To support patients with private drs. Allowing those with no private health insurance access to health institutions. Pensioners can not afford private health funds.

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

Listening to the families and the public regarding the poor mental health facilities.

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

"Yes. We lost our [REDACTED] yr old son to suicide on the [REDACTED] this year. He felt that the mental health and private systems let him down. He cried out and reached out for help many times, only to be turned away, : because he didn't fit their criteria, didn't have funds to seek help in private facilities. We had used a private facilities in [REDACTED] He suffered from anxiety to the highest level and was scared. He ran away as he was so anxious. They refused to take him back as he broke their rule.!!! He could go back if we paid more money, he also had private health then, as we paid for it for him. It appeared to us they didn't actually care. They were more interested in making money!! Didn't give him the medication he required, therefore his anxiety increase. No winning. Worst experience. Said he'd never go back. But years later he asked for help, nothing available. Of course without health insurance, of which we couldn't afford either. "