

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

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

"Talk more generally about schizophrenia, so people are less fearful and can engage with the condition, as if it were a broken leg. Depression and anxiety have been highlighted and spoken about with lots of funding applied, but schizophrenia struggles to have the light shone upon it and thereby change the discriminatory attitudes and beliefs. "

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?

"Early treatment would be easier for people to receive if stigma were reduced, people might speak up earlier, not wait till it's a crisis. To prevent mental illness, good community information available to advise people about the effects of using substances. "

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.

"social attitudes have a big impact. someone experiencing mental ill health, mates say come out and have a few beers, younger people, different socio-groups, it would be good educating people around the person's condition so friends/loved ones can provide support and not lead the person astray to the things which make symptoms worse. "

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

"Doesn't matter where you live, it's about young people finding direction, having positive role models, and not being distracted by poor decision making, which may lead to mental health issues. "

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?

"Better understanding between employers and employees about effects of medication and flexibility within the workplace, in regards to things like late starts, etc. "

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?

"Definitely, first contact, a lot more could be done to soften the experience. "

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

Mental illness needs to be seen as just another illness.

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

"My story will be posted in on a USB, it will be recorded as a video."