

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

Submission. 0002.0028.0462

Name

Anonymous

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

N/A

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?

N/A

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.

N/A

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?

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 Victoria's mental health system should ideally look like, tell us what areas and reform ideas you would like the Royal Commission to prioritise for change?

N/A

What can be done now to prepare for changes to Victoria's mental health system and

support improvements to last?

N/A

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

"I have already made a submission but forgot to mention something. Having Adhd, I find it is not just the mental health issues - the way my brain works and the often co morbid anxiety and depression but the interaction and consequences for physical health of my condition. One of my biggest problems is my teeth from years of being erratic, disorganised, not sleeping, little sense of a daily routine associated with undiagnosed adhd and poorly managed mental health. My teeth are in a terrible state. I have had 5 root canals, a tooth extracted, one implant half done, bands around many teeth that really need crowns but all I can cope with financially, logisitically and emotionally is dealing with the most pressing issue at one time. Even having private health insurance the costs are too astronomical for me to consider having everything fixed - talking tens of thousands. The embarrassment of fronting up to the dentist puts me off too - I cannot cope with the judgments of having had years of poor dental health routines. It takes pain and lots of it to get me to the dentist. There is no easy way for me to fix this situation even though I am medicated now, have regular counseling and managing life a lot better now- I cannot go back and undo the years of damage. Mental health care packages need to include treatment for physical consequences too. I have a job and private health insurance but consider it too expensive to fix. I have a mortgage to pay and huge medical bills for other members of my family who like me have mental health to deal with as often these conditions are inherited so some families carry a huge burden. I have even been asking around for dentists who specialise in patients with adhd and severe anxiety but have not found one that can cope with the adhd side of things - they don't understand mental illness either. My adhd causes me to be a bit erratic and speedy so I can have accidents and break my glasses, fall over and hurt myself, run late and so rush etc. I forget appointments or set ten alarms for them but forget lunch and then stop for lunch and run late then get embarrassed about being late. I remember the appointment and get out to the car to leave to go and then a colleague starts asking me questions or i hang the washing out first and then run late and then worry about being late and the effect being late will have on medical providers so I might just cancel altogether so my health can get worse very easily - I ended up in hospital with pneumonia once because I could not get to a doctor earlier. I do not know what the solution is although being medicated these days has had a huge impact. The important point to note is that mental health conditions impact physical health dramatically."