

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

SUB: 0002.0017.0003

Name

Anonymous

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

"Training in the workplace, schools, and universities to show that mental illness can happen to anyone. Also include mental illness in sick leave entitlements. "

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?

More staff to respond to help lines.

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

"More staff to respond to help lines. Just because someone has not attempted suicide does not mean that they are not suicidal or at risk. Absolutely disgusted by behaviour of some mental health staff in hospitals treating victims of self-harm, saying ""welcome to life""."

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.

"Cost of counselling services, poor training for staff, and for myself personally I find that after 10 years there's nothing new psychs can tell me. "

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 Victorias mental health system and support improvements to last?

N/A

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

"Long-term mental illness is awful, and it's so hard to know what to do or where to go. There's such stigma and shame around it, and it's not because of personal choices sometimes. "