

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

SUB: 0002.0016.0019

## Name

Anonymous

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

"Stop aiming it just at youth. While it breaks my heart that young people are suffering, I am tired of hearing ""but you're an adult. Get over it"". I thought that under the Mental Health Act that it is not age based but recovery based. Also please stop leaving women in domestic violence situations whom are also mental health patients. Teach police and health workers we are not psychos. My partner regularly tells me to go kill myself because my diagnosis of being suicidal ""pisses him off"". Please make this a crime. Please make this a recognized act of domestic violence. "

### **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 much. I have had a mental health nurse for some time over the years, then they change and it starts all over again. Another worker asks ""what do you want"" as far as help goes and honestly there's no diagnosis from the previous worker - quite honestly it's like I have to analyze and diagnose myself and the assortment of workers are just there for me to flap my mouth to."

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

The availability of calls to triage or services like beyond blue etc. We also need safe places at hospitals. Somewhere to go to feel grounded. Maybe Salvation Army welfare and other places can do the same. A place to be to feel grounded until the negative feelings leave.

### **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.**

My partner abuses me based on my mental health diagnosis. We have 4 children. Not once in 11 years has any of my health workers or DHHS insisted or made it mandatory or even made it available for my partner to be spoken to by my treating doctors/mental health workers. How the feck am I meant to keep going or have any successful treatment when I live with the person whose triggering me? Work with the families too. My kids need a healthy safe mother.

### **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?**

Speak to them.

### **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?**

"Oh gosh. I have a disability support employment agency whose meant to help me find a job but even though I have left my mental health workers contact details this agency has never contacted my mental health worker and visa versa - how the feck is this effective in helping me, the client? Communication between agencies associated with helping the patient would be fecking fantastic. Imagine the patient has severe issues and are unable to help themselves.....yeah. I'm left wondering why I have to chase everything up when I am sure most agencies associated with helping me have their own fecking phones. I am lucky to have credit on my mobile. I live off \$38 a fortnight after bills and rent. I don't get funding like these apparent support services do. "

**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?**

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?**

N/A