

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

## Organisation Name

N/A

## Name

Mr Leon Beaton

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

"The first part of my proposal for understanding mental illness and to reduce the stigma and discrimination is specific for men but can easily be applied to women. The reason I'm specifically targeting men is due to the high level of mental health issues including depression, anxiety, PTSD and suicide amongst men. The proposal is to provide a safe, supportive, educational healing Centre/environment for men to finally be able to allow their old suppressed wounds to come to the surface. In the process of acknowledging and releasing the pain associated with such experiences, an empowering interpretation of the experience can be gained. To provide a Centre where there is no judgement, where men can freely express their truth, release their pain and in the process call back their spirit. For men to discover and express their truth because for many men they don't know what their truth is anymore as it has been so contaminated with the stories of the media, changing expectations of society and a blurred version of their reality. To enable men to finally deal with their stuff' with empathy and understanding. Give them strategies to release their old world of pain that has kept them captive for far too long. The world of old foundations, old beliefs, old programming and old stereotypes that don't serve men anymore. To finally allow men to be vulnerable. To let their guard down and know it is ok. What men are ultimately doing in this process is building a new framework around how they can create a more meaningful life, but until we, society, allow them the freedom and skills to do so, nothing changes. Presently, we are being left with a society of disengaged men who are a shell of their former selves. In a supportive Centre/environment we are enabling men to reclaim their spirit. Not only do our men discover a new sense of identity and purpose, increased self-worth and self-esteem, our whole society benefits. Our world needs our men to be men. Men of strength. Men of understanding, empathy and compassion. Men of protection. Men who know how and when to use their innate strength not from their ego or suppressed anger, but from their compassionate and empathetic heart. Strength to hold the space for their women to walk in safety upon this earth. But until men rediscover their own internal strength, acceptance of the great person they are (and that applies to all people) they will never be able to utilize that strength for themselves or their loved ones. Ultimately, we all suffer and isn't that's what happening in our communities today? It is also essential to acknowledge that a person's mental illness can and often is deeply rooted and passed down from generation to generation through their parent's DNA. When we look at what happened to our men in the last century, it is no wonder many are suffering. Many men returned from the WW1 and WW2 with the unresolved pain, beliefs, questions, trauma, anxiety and depression just to name a few; it is no wonder our men are suffering. The Vietnam war was even more traumatic as when the soldiers returned, they weren't accepted as heroes like they were in the World Wars. These unresolved issues are stored in the men's DNA and then passed onto their children and their children's children. It is one of the reasons we see what is happening with our men today. Words from a movie, 1 Giant Leap express the same thoughts. I'm the sum total of my ancestors. I carry their DNA. We are the representatives of a long line of people and we carry them around

everywhere. This long line of people that goes back to the beginning of time. And when we meet, they meet other lines of people and we say, bring together the lines of me. Along with the dramatic changes in the Western world and globally, challenging men what it means to be a man today, it is no wonder our men are suffering and taking their lives in unprecedented numbers. Since the industrial revolution, sons and hence young men have disconnected with their Fathers. These days rarely do the sons work alongside their Fathers or older men to understand the ways of being men. There are many men being raised by women by no fault of their own. Women are doing the best they can, but only men can teach a man to be a man. Similarly, only woman can teach a woman to be a woman. It is innate. Young men raised by a single mother will at some stage of their life want to reconnect with their father. If not, they will always carry the deep pain of separation and not knowing their father's story which is different to a women's story. Part of the solution is for men to be raised and initiated into what it means to be a man. Only men can properly teach a man how to be a man. This in no way negates the work single mothers do to raise their son's. Young men need to hear older men's stories. Stories from many men. To know they are not alone and supported. That it's ok to be vulnerable and cry. To show emotion. To speak their perceived truth, whatever it maybe. It is only when this process can occur can many of the deep-seated issues that relate to mental illness, be surfaced and addressed. The second part of my proposal relates to both men and women and all has to do with a person's diet. This is a major factor that the evidence has shown, clearly relates to mental health. The evidence is so clear about this. If a person has anxiety and depression, their body is toxic. Anxiety and depression are symptoms their body is toxic. Toxins cause irritations, irritations cause inflammation which results in anxiety. It is a natural outcome. Pain also causes anxiety. A person with anxiety, naturally slows down, gets fatigue and becomes depressed. Fatigue and depression are partners because a person cannot get up and do what they want to do. The toxins are bought into the body through the air, water, cans, plastics and their agents. A lot of toxic industrial compounds exist in the soil and in the water, which are absorbed into our foods making them contaminated. According to Dr Daniel Nuzum, there are over 27 million toxic chemicals in our environment that didn't exist 60 years ago. Dr. Daniel adds, core samples of baby's blood show toxicity of over 270 carcinogens. A baby is being born from a toxic soup of chemicals and these accumulate in the body unless something is done about it. Heavy metal toxicity, eg 1.Mercury poisoning from dentist fillings 2.Fluoride, which is a neurotoxin 3.Chlorine and chloramine in cities water 4.Mould in old building which are often rented buildings 5.Cadmium 6.Lead 7.The by-product of pharmaceuticals is now permeating our water supplies All heavy metals are affecting the body in numerous ways; neurologically, mentally, and emotionally. Toxicity reveals itself in irritability and quickness to anger which is clearly evident today in many societies. Heavy metal poisoning harms the central nervous system and a person's hormone glands which leads to depression and anxiety. The food chain from which we obtain our food is deficient in nutrients. Without a body free from parasites and toxins, the body cannot absorb the nutrients. Without an increase in nutrients in our bodies to balance out the toxins, our bodies already sick, stays sick. Depression and anxiety are a natural consequence. It needs to be said that mental health issues are rarely one issue. It is a combination of many factors that drain the body to the point that people give up and see their only choice to be is suicide. There is so much to share here, it's a complex issue which doesn't have a one fix all and definitely not with a drug. The stigma associated with mental health needs to be addressed. I want to be part of this discussion. All types of people from different backgrounds need to be part of the solution, not just the so-called professionals, some that have financial vested interests here. The solutions are there. We; governments, professionals and people from alternative modalities who have the knowledge and experience to bring about a positive change need to work collaboratory on this. Put their biases to one side for the common

good of our society. This can and will be done. "

### **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?**

"Firstly, to prevent mental illness it needs to be understood what causes it. It is the root cause that needs to be dealt with, not just the effect. Until we identify the cause we only mask the illness using prescription drugs, alcohol and illicit drugs as solutions. Society talks about the side effects of prescription drugs and alcohol, but there not the side effect; they are the effect. In today's society, many of the young people, older men and women are rejecting the present world we live in. The way of life being witnessed and what is being offered to them by society, family, the media programming and expectations, doesn't resonate with them anymore. They are rejecting some of societies long held values Eg. Gain a good education, go to university to gain a qualification; and a hecs-help debt, obtain a job or a career, find a partner, have a family, buy a home; plus, a large mortgage and you will be successful and happy. That belief system doesn't resonate with a lot of people anymore. Many have followed, lived out that belief system and discovered it doesn't provide internal happiness, harmony or contentment. They have given up hope. They have lost faith in the system, governments, and society. Without hope, people surrender and as we are witnessing, often take their own life. What is working well from my experience of the work that I do. There is not one system or solution that will suit everyone. It is a combination of many of the things I have listed below. 1. Enabling the person to accept they have a 'mental' issue to work through and to view this as a positive experience. It is often part of their natural growth and personal evolution. 2. Enabling the person to understand that there are challenges at all stages of life, identifying what stage of life they are now at and how to respond to that challenges to personally grow and evolve. 3. Empowering the person to accept they control their life by their thoughts and that their thoughts have an effect; both positive and negative on their body. 4. Utilizing being in nature as a part of a person's way of life in whatever form that takes to assist in relaxing the body, reducing blood pressure, participating in physical exercise and beginning to have a positive outlook on life. Much of our society live in the cities and have little or no connection with nature. I accept in the country region's there is plenty of mother nature to connect to, but still a high level of depression and suicide, often due to the fact that the people have tried and tried to deal with their mental issues without success and finally in desperation take their own life. With high unemployment many see their life as meaningless. 5. During my life coaching sessions, utilizing nature as a metaphor for their life is often part of the healing process and creating a positive vision for the future. 6. Assisting the person to have a vision and a step by step monitored action plan to create the life they have envisioned. This provides hope and inspiration for change. This is not a one-off session but regular contact to assist the person to follow through on their action plan. 7. Looking at the aspects of a person's Natal chart, their North Node of their Soul and their Numerology. This provides another piece of a person's personality and a deeper understanding as to what a person's challenges, strengths and weaknesses are this lifetime. (What I have written here many people are only beginning to see the relevance and importance to the make-up of a person's personality and what they are to deal with in their life, both 'positive' and 'negative.') I use these often in my sessions with clients and they find it extremely valuable in helping them understand who they are, why they have the challenges they do and what attributes they need to develop to address the challenges they presently face. 8. For some people with serious mental illness, I have identified that their experience is a spiritual awakening. (Depends who's reading this, you find this totally unacceptable or you will totally understand what I have written.) What this person is going through is known as the 'Dark Night of the Soul.' The normal media will rarely talk about this. This is for raising a person to a higher consciousness, also known

as frequency which also assists in raising the overall consciousness of the planet. Once a person comes through this experience, they often proceed to achieve success in work that connects deeply with their heart. They understand the reason for the 'Dark Night of the Soul' was to challenge their present way of life, enable, and in some cases force the person to leave that aspect of their life that no longer serves their soul and begin to walk a path that fulfils their life purpose. Often, they then become mentors for others who are going through a similar experience. This comes from personal experience.

9. The presenting issue a person may share is often not the root cause of their problem. It is often layers' deep. Once identified and the emotional pain associated with the experience is deeply felt and released, a person is in a better position to gain the wisdom from the experience of that life lesson. This empowers the person to integrate the insight(s) gained, allow personal growth to occur and now view their life from a different perspective. In the process they become a living example and/or mentor for others. The following are more new age.' I have used all of these in some form or another and have access to people who are more skilled in these areas than I am. I know they work and have seen the positive results. So much more can be written about the following, but this isn't the forum to do so. The four big words that summarize this next section is eliminate PARASITES, reduce TOXICITY of the body which reduces INFLAMMATION and then deal with the DEFICIENCY of nutrients. The body is now able to accept and absorb the nutrients from the food and herbs; hopefully organic, because the cells aren't inflamed anymore due to eliminating the parasites and toxins from the body.
10. Meditation which builds focus. It may be the buzz word of the day, but it works. The evidence is clear to see.
11. Open up the drainage systems of the body and eliminate parasites
12. Detox the body. Drink clean filtered water to flush out the toxins
13. Eat an anti-inflammatory diet. Start with eliminating dairy and gluten from a person's diet. It reduces inflammation in the brain. Inflammation of the brain manifests anxiety, depression, cognitive problems and ADHD
14. Regular exercise. Sweat the body to flush out the toxins plus brings vital oxygen into a person's body
15. Regular good quality deep sleep to keep the brain healthy
16. Regular direct exposure to the morning sun to increase melatonin and serotonin levels plus increases vitamin D levels.
17. Being aware of the language a person uses. Positive language has a positive effect on the brain
18. Living a blended life that includes social, physical, purposeful work and eating a nutrient rich organic plant-based food.
19. Purposeful work means doing something that has meaning. Eg. Dance, music, artistic endeavours. The list is endless. By doing something that is meaningful and passionate, the body responds positively by increasing the neuro connections in the brain.
20. Learn a new skill, start a new project, anything that is a real-life task that is a complex activity for the brain. It that way more systems in your body is engaged. Eg learning to play a guitar. The motor cortex, language centre, your creativity, frontal lobe, occipital lobe and the limbic system are all involved in the learning.
21. Eating organic plant-based foods. I cannot emphasize this enough. Herbs to detoxify the liver High density nutrients that deliver bioflavoids and antioxidants to the brain Eating brain food green vegetables
22. Develop an attitude to life of one of joy as opposed to the fear of dying. The more a person's attitude to life improves, the more their lived experience of life improves.
23. Stop multi-tasking. It only creates more stress, more urgency and takes away the central focus from the brain.
24. Change any toxic environment a person finds themselves in. The environment being any or all of the following. The food one eats, the air one breathes, the water one drinks, the thoughts one thinks, where one works and the social surroundings one places themselves in. This also includes what a person chooses to watch, list to or read.
25. Stop eating sugar and/or avoid sugar spikes. It is too much fuel for the body and it splutters'
26. Stop eating processed foods
27. Fasting overnight, minimum of 12 hours to reduce stress on the body. This enables the body to balance out the blood sugars and the digestive system to rest and restore itself.
28. Use of Essential Oils
29. Sound Healing
30. Art/colour therapy

So much more

can be written about these 31. Light therapy 32. Shamanism 33. The use of cannabidiol (CBD) This really helps people with PTSD by removing the fear part of the memory in the amygdala. The person has the memory but not the fearful part of the memory. I haven't personally had the experience of this but research in America has demonstrated this to be true. 34. Learn to love yourself. Every individual has the innate power to change their life, nobody else. Intuitively people know what to do, they just need the courage to step up and take action. "

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

"I have already mentioned what is working well in the last question and what I have written there is extremely appropriate to this question. What can be done to prevent suicide? 1.Offer hope, a vision and strategies to face the presenting issues 2.Show unconditional love'. Love can mean many things to different people due to their personal experiences of life. For some people, to be heard and appreciated for who they are can be an example of love. 3.Offer an alternative to what a person is already experiencing now. A vision that the person can own, accept that it is natural for that person to step into that vision and a have a supportive environment to assist them to experience their vision. 4.Access the core reasons for suicide which I mention in the last question. 5.Acknowledge the negative feelings and self-talk, understanding that it is just a thought from the mind in that moment and a person has the power to challenge that thought. Once done search for a more empowering thought that comes from the heart to take the person forward. How do we do that? A whole document has been created on how to better prevent suicide and deal with mental health issues. This information can and will be provided when requested. It is a document that outlines the Centres that will be built. The first one to be built in the Yarra Valley will be a template for all the rest to be built around Australia and beyond. The document outlines the following for the Centres: 1.The name of the Centres 2.The Vision, Mission and Purpose 3.The Philosophy 4.The structural lay out and materials used to build the Centres 5.How the Centres would be built 6.The management 7.The funding 8.The programs 9.The type of clients 10.Accessing the clients 11.The healing modalities utilised 12.The staff 13.The healing practitioners "

### **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.**

"What makes it hard for people to experience good mental health? 1.Traditionally lack of self-esteem and self-worth 2.The vibrational frequency of their body is low which prevents them from attracting good mental health. Let me give examples of low fibrational frequencies. -A person who views life as miserable, despises life and generally has an emotional response of humiliation and shame. -A person who views life as evil, is vindictive, wishes to blame others, feels guilty and is in the process of destruction of their life. -A person who views their life as hopeless, has feelings of despair and apathy. -A person who views life as tragic has feelings of regret and grief and is in the process of being despondent to life. -A person who views life as frightening generally lives a life of fear and anxiety and as a result withdraws from life. -A person who views life as antagonistic generally lives a life of hate and anger, demonstrated through their aggression Let me give examples of higher fibrational frequencies and the effect on their mental health -A person who views their life as achievable is in the process of empowering themselves with courage and affirmation, permitting life to be feasible to them. -A person who is satisfied with their life comes from a space of neutrality and a feeling of trust which enables life to release to the person what they require. -A person who views their life harmoniously comes from a heart space of

forgiveness and acceptance. They are in the process of transcending their past. -A person who views their life as being meaningful, is wise in understanding the reason for their life and abstracts from life what they require. -A person who views life as benevolent and kind generally lives a life with reverence and love and allows life to reveal itself to them. 3.Lack of life-purpose  
 4.Unresolved issues divorce, sexual abuse, physical abuse, mental abuse, redundancy, anger  
 5.No sense of direction in their life 6.Unable to understand why they have a mental health issue  
 7.Feeling inadequate - not living up to other's expectations, particularly family members and friends 8.Feeling inadequate not living up to their own expectations 9.No sense of community or connection. 10.Lack of basic essentials - adequate housing, 'sufficient' money, good quality food, basic education and understanding the basic laws of life 11.Not been understood - 'black sheep' of the family 12.Unemployed or underemployed 13.Aren't utilizing or identifying their gifts/talents  
 What can be done to improve this? 1.Attend one of the Centre's and be part of or all of the programs that are offered. The Centres objectives cover many if not all of the following points. 2.Re-establish local communities where people's skills are valued and appreciated. The local communities identify their own needs and look within their community to find the person/people who can fulfill those needs. 3.Assist people to link their skills with the needs of their local community 4.Provide training in the area of a person's personal interest(s) 5.Keep programs that are successful in providing skills and or meaning employment. It is disappointing when a program has a very high success rate and then is not repeated due to a change of government, or the funding stops. 6.Enable people to have a sense of purpose particularly through payed employment 7.Enable people to gain meaningful employment. It can be one of the best preventions of mental health, particularly in the short term. 8.Enable people to see the bigger picture of what is happening in their life 9.Enable the creative mind to be expressed through the arts, music, dance, theatre, photography, video, film making and many other creative arts. 10.Change the commonly held belief that people must be in paid work to be of value to the community 11.Support the communities that are engaging local people in their community in projects that have meaning and purpose. "

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

"1.Fear, fear and fear perpetrated through the media and the unfair judgement of people who are either unemployed or struggling with mental health. 2.The vibrational frequency of many people suffering mental health is very low. Emotional states of humiliation, blame, despair, regret, anxiety, craving, hate and scorn are often common in these people. 3.Many people with mental health issues view their life as miserable, evil, hopeless, tragic, frightening, disappointing, antagonistic and demanding. 4.Inability of people to adapt to the changing conditions in a local community, their state, country and/or the world 5.Unemployment and underemployment in these communities 6.The social stigma (outside judgement) associated with living in those communities. 7.Generations of unemployment and associated stigma. 8.Ancestral pain. EG Aboriginals and generations of unemployed parents 9.Negative judgement and labelling of people based on colour, race, religion, ethnicity, age and general appearance. 10.Lack of facilities; educational, health, sporting, artistic and the appropriate people with the skills and passion to manage such facilities. 11.A general expectation that the government; local and state will solve all the problems. Local people must instigate local solutions with government financial support when and where needed. 12.Apathy due to past failures: A lack of drive to look for new solutions in the local area. 13.A lack of genuine local leaders to stand up, create a vision for the future and have the drive and ability to manifest the outcome. What needs to be done to address this? 1.Empower or find local leaders, who don't have an invested interest in a project other than a genuine desire to help their

local community. 2. Local people must instigate local solutions. What works in one community may or may not work in another community. The basic idea utilized successfully in one community can often be fine-tuned to suit another community. 3. Financial resources needed to be available when needed. 4. Empower and support people to move from a negative mind set, to a positive heart space of trust, optimism, forgiveness, understanding, reverence and finally serenity (not an easy task but totally possible) 5. Create a Centre that I mentioned before to provide the healing of the mind, body and spirit of each person who attends. To educate people of the universal laws of life, the power of the appropriate organic food to heal the body and enable people with the skills to create a life they have imagined. 6. Create hope for these people, with a vision and support as I have mentioned. The following poem summarizes it perfectly. Stand at the gate You have been here before Many times in this lifetime Courage is obligatory Trust is mandatory Patience is essential What awaits the other side of the gate? A new chapter of your life A new adventure to experience A discovery yet to be discovered The gate calls to you. Open and walk through It whispers You have much to experience in this life yet You aren't done yet You have only just begun Bring your gifts Bring your optimism Bring your wisdom There is much for you to share. Where will the path lead you? Who are you still to meet? What places are you to visit? Close your eyes and breathe Stand your full height Call on your spirit to lead you Life has always supported you It will again Transformation will occur As you walk through the gate. leonbeaton2019 "

**What are the needs of family members and carers and what can be done better to support them?**

This question is outside the scope of what I am offering

**What can be done to attract, retain and better support the mental health workforce, including peer support workers?**

This question is also outside the scope of what I am offering

**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?**

"This question I have addressed in the following from question 4 1. Attend one of the Centre's and be part of or all of the programs that are offered. The Centres objectives cover many if not all of the following points. 2. Re-establish local communities where people's skills are valued and appreciated. The local communities identify their own needs and look within their community to find the person/people who can fulfill those needs. 3. Assist people to link their skills with the needs of their local community 4. Provide training in the area of a person's personal interest(s) 5. Keep programs that are successful in providing skills and or meaning employment. It is disappointing when a program has a very high success rate and then is not repeated due to a change of government, or the funding stops. 6. Enable people to have a sense of purpose particularly through paid employment 7. Enable people to gain meaningful employment. It can be one of the best preventions of mental health, particularly in the short term. 8. Enable people to see the bigger picture of what is happening in their life 9. Enable the creative mind to be expressed through the arts, music, dance, theatre, photography, video, film making and many other creative arts. 10. Change the commonly held belief that people must be in paid work to be of value to the community 11. Support the communities that are engaging local people in their community in projects that have meaning and purpose. "

**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?**

"I have outlined my vision in questions 1 - 5. Briefly, it has to be a holistic approach which is what I have outlined in detail in the document about the Centre to be built in the Yarra Valley. This is not a short term solution. It is generational and will take time to implement. AS I mentioned before, I will share with the appropriate people when the time is right."

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

Mentioned in the last question

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

"Yes. I am grateful for the opportunity to share my thoughts and briefly outline my vision for dealing with mental health. This is not said from ego. The time is right for what I am offering. It has been six years from conception and being constantly upgraded to the point now where I have been gifted the land and have a number of parties who have come on board to create the Centre. When I publicly speak about what we are creating, the support is overwhelming. This project is not about me. I am the spokes person who is sharing the vision and bring together like minded people with different healing modalities for the specific objective of assisting people with mental health issues. On leaving the Centre, people return to their communities healed, with a greater sense of who they are, a positive mindset, and outlook on life and the support to live a more fulfilling life. I look forward to the opportunity to discuss in greater detail what I have outlined for the improving of mental health of Victorians Thank you."





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

The first part of my proposal for understanding mental illness and to reduce the stigma and discrimination is specific for men but can easily be applied to women. The reason I'm specifically targeting men is due to the high level of mental health issues including depression, anxiety, PTSD and suicide amongst men.

The proposal is to provide a safe, supportive, educational healing Centre/environment for men to finally be able to allow their old suppressed wounds to come to the surface. In the process of acknowledging and releasing the pain associated with such experiences, an empowering interpretation of the experience can be gained.

To provide a Centre where there is no judgement, where men can freely express their truth, release their pain and in the process call back their spirit. For men to discover and express their truth because for many men they don't know what their truth is anymore as it has been so contaminated with the stories of the media, changing expectations of society and a blurred version of their reality.

To enable men to finally deal with their 'stuff' with empathy and understanding. Give them strategies to release their old world of pain that has kept them captive for far too long. The world of old foundations, old beliefs, old programming and old stereotypes that don't serve men anymore. To finally allow men to be vulnerable. To let their guard down and know it is ok. What men are ultimately doing in this process is building a new framework around how they can create a more meaningful life, but until we, society, allow them the freedom and skills to do so, nothing changes.

Presently, we are being left with a society of disengaged men who are a shell of their former selves. In a supportive Centre/environment we are enabling men to reclaim their spirit. Not only do our men discover a new sense of identity and purpose, increased self-worth and self-esteem, our whole society benefits. Our world needs our men to be men. Men of strength. Men of understanding, empathy and compassion. Men of protection. Men who know how and when to use their innate strength not from their ego or suppressed anger, but from their compassionate and empathetic heart. Strength to hold the space for their women to walk in safety upon this earth. But until men rediscover their own internal strength, acceptance of the great person they are (and that applies to all people) they will never be able to utilize that strength for themselves or their loved ones. Ultimately, we all suffer and isn't that's what happening in our communities today?

It is also essential to acknowledge that a person's mental illness can and often is deeply rooted and passed down from generation to generation through their parent's DNA. When we look at what happened to our men in the last century, it is no wonder many are suffering. Many men returned from the WW1 and WW2 with the unresolved pain, beliefs, questions, trauma, anxiety and depression just to name a few; it is no wonder our men are suffering. The Vietnam war was even more traumatic as when the soldiers returned, they weren't accepted as heroes like they were in the World Wars. These unresolved issues are stored in the men's DNA and then passed onto their children and their children's children. It is one of the reasons we see what is happening with our men today.

Words from a movie, 1 Giant Leap express the same thoughts. "I'm the sum total of my ancestors. I carry their DNA. We are the representatives of a long line of people and we carry them around everywhere. This long line of people that goes back to the beginning of time. And when we meet, they meet other lines of people and we say, bring together the lines of me."

Along with the dramatic changes in the Western world and globally, challenging men what it means to be a man today, it is no wonder our men are suffering and taking their lives in unprecedented numbers.

Since the industrial revolution, sons and hence young men have disconnected with their Fathers. These days rarely do the sons work alongside their Fathers or older men to understand the ways of being men. There are many men being raised by women by no fault of their own. Women are doing the best they can, but only men can teach a man to be a man. Similarly, only woman can teach a woman to be a woman. It is innate. Young men raised by a single mother will at some stage of their life want to reconnect with their father. If not, they will always carry the deep pain of separation and not knowing their father's story which is different to a women's story.

Part of the solution is for men to be raised and initiated into what it means to be a man. Only men can properly teach a man how to be a man. This in no way negates the work single mothers do to raise their son's. Young men need to hear older men's stories. Stories from many men. To know they are not alone and supported. That it's ok to be vulnerable and cry. To show emotion. To speak their perceived truth, whatever it maybe. It is only when this process can occur can many of the deep-seated issues that relate to mental illness, be surfaced and addressed.

The second part of my proposal relates to both men and women and all has to do with a person's diet. This is a major factor that the evidence has shown, clearly relates to mental health. The evidence is so clear about this. If a person has anxiety and depression, their body is toxic. Anxiety and depression are symptoms their body is toxic. Toxins cause irritations, irritations cause inflammation which results in anxiety. It is a natural outcome. Pain also causes anxiety. A person with anxiety, naturally slows down, gets fatigue and becomes depressed. Fatigue and depression are partners because a person cannot get up and do what they want to do.

The toxins are bought into the body through the air, water, cans, plastics and their agents. A lot of toxic industrial compounds exist in the soil and in the water, which are absorbed into our foods making them contaminated. According to Dr Daniel Nuzum, there are over 27 million toxic chemicals in our environment that didn't exist 60 years ago. Dr. Daniel adds, core samples of baby's blood show toxicity of over 270 carcinogens. A baby is being born from a toxic soup of chemicals and these accumulate in the body unless something is done about it.

Heavy metal toxicity, eg

1. Mercury poisoning from dentist fillings
2. Fluoride, which is a neurotoxin
3. Chlorine and chloramine in cities water
4. Mould in old building which are often rented buildings
5. Cadmium
6. Lead
7. The by-product of pharmaceuticals is now permeating our water supplies

All heavy metals are affecting the body in numerous ways; neurologically, mentally, and emotionally. Toxicity reveals itself in irritability and quickness to anger which is clearly evident today in many societies. Heavy metal poisoning harms the central nervous system and a person's hormone glands which leads to depression and anxiety.

The food chain from which we obtain our food is deficient in nutrients. Without a body free from parasites and toxins, the body cannot absorb the nutrients. Without an increase in nutrients in our bodies to balance out the toxins, our bodies already sick, stays sick. Depression and anxiety are a natural consequence.

It needs to be said that mental health issues are rarely one issue. It is a combination of many factors that drain the body to the point that people give up and see their only choice to be is suicide. There is so much to share here, it's a complex issue which doesn't have a one fix all and definitely not with a drug.

The stigma associated with mental health needs to be addressed. I want to be part of this discussion. All types of people from different backgrounds need to be part of the solution, not just the so-called professionals, some that have financial vested interests here. The solutions are there. We; governments, professionals and people from alternative modalities who have the knowledge and experience to bring about a positive change need to work collaboratory on this. Put their biases to one side for the common good of our society. This can and will be done.

## 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?

Firstly, to prevent mental illness it needs to be understood what causes it. It is the root cause that needs to be dealt with, not just the effect. Until we identify the cause we only mask the illness using prescription drugs, alcohol and illicit drugs as solutions. Society talks about the side effects of prescription drugs and alcohol, but there not the side effect; they are the effect.

In today's society, many of the young people, older men and women are rejecting the present world we live in. The way of life being witnessed and what is being offered to them by society, family, the media programming and expectations, doesn't resonate with them anymore. They are rejecting some of societies long held values Eg. Gain a good education, go to university to gain a qualification; and a hecs-help debt, obtain a job or a career, find a partner, have a family, buy a home; plus, a large mortgage and you will be successful and happy. That belief system doesn't resonate with a lot of people anymore. Many have followed, lived out that belief system and discovered it doesn't provide internal happiness, harmony or contentment. They have given up hope. They have lost faith in the system, governments, and society. Without hope, people surrender and as we are witnessing, often take their own life.

What is working well from my experience of the work that I do. There is not one system or solution that will suit everyone. It is a combination of many of the things I have listed below.

1. Enabling the person to accept they have a 'mental' issue to work through and to view this as a positive experience. It is often part of their natural growth and personal evolution.

2. Enabling the person to understand that there are challenges at all stages of life, identifying what stage of life they are now at and how to respond to that challenges to personally grow and evolve.
3. Empowering the person to accept they control their life by their thoughts and that their thoughts have an effect; both positive and negative on their body.
4. Utilizing being in nature as a part of a person's way of life in whatever form that takes to assist in relaxing the body, reducing blood pressure, participating in physical exercise and beginning to have a positive outlook on life. Much of our society live in the cities and have little or no connection with nature.

I accept in the country region's there is plenty of mother nature to connect to, but still a high level of depression and suicide, often due to the fact that the people have tried and tried to deal with their mental issues without success and finally in desperation take their own life. With high unemployment many see their life as meaningless.

5. During my life coaching sessions, utilizing nature as a metaphor for their life is often part of the healing process and creating a positive vision for the future.
6. Assisting the person to have a vision and a step by step monitored action plan to create the life they have envisioned. This provides hope and inspiration for change. This is not a one-off session but regular contact to assist the person to follow through on their action plan.
7. Looking at the aspects of a person's Natal chart, their North Node of their Soul and their Numerology. This provides another piece of a person's personality and a deeper understanding as to what a person's challenges, strengths and weaknesses are this lifetime. (What I have written here many people are only beginning to see the relevance and importance to the make-up of a person's personality and what they are to deal with in their life, both 'positive' and 'negative'.)

I use these often in my sessions with clients and they find it extremely valuable in helping them understand who they are, why they have the challenges they do and what attributes they need to develop to address the challenges they presently face.

8. For some people with serious mental illness, I have identified that their experience is a spiritual awakening. (Depends who's reading this, you find this totally unacceptable or you will totally understand what I have written.) What this person is going through is known as the 'Dark Night of the Soul.' The normal media will rarely talk about this. This is for raising a person to a higher consciousness, also known as frequency which also assists in raising the overall consciousness of the planet. Once a person comes through this experience, they often proceed to achieve success in work that connects deeply with their heart. They understand the reason for the 'Dark Night of the Soul' was to challenge their present way of life, enable, and in some cases force the person to leave that aspect of their life that no longer serves their soul and begin to walk a path that fulfils their life purpose. Often, they then become mentors for others who are going through a similar experience. This comes from personal experience.

9. The presenting issue a person may share is often not the root cause of their problem. It is often layers' deep. Once identified and the emotional pain associated with the experience is deeply felt and released, a person is in a better position to gain the wisdom from the experience of that life lesson. This empowers the person to integrate the insight(s) gained, allow personal growth to occur and now view their life from a different perspective. In the process they become a living example and/or mentor for others.

The following are more 'new age.' I have used all of these in some form or another and have access to people who are more skilled in these areas than I am. I know they work and have seen the positive results. So much more can be written about the following, but this isn't the forum to do so.

The four big words that summarize this next section is eliminate PARASITES, reduce TOXICITY of the body which reduces INFLAMMATION and then deal with the DEFICIENCY of nutrients. The body is now able to accept and absorb the nutrients from the food and herbs; hopefully organic, because the cells aren't inflamed anymore due to eliminating the parasites and toxins from the body.

10. Meditation which builds focus. It may be the buzz word of the day, but it works. The evidence is clear to see.

11. Open up the drainage systems of the body and eliminate parasites

12. Detox the body. Drink clean filtered water to flush out the toxins

13. Eat an anti-inflammatory diet. Start with eliminating dairy and gluten from a person's diet. It reduces inflammation in the brain. Inflammation of the brain manifests anxiety, depression, cognitive problems and ADHD

14. Regular exercise. Sweat the body to flush out the toxins plus brings vital oxygen into a person's body

15. Regular good quality deep sleep to keep the brain healthy

16. Regular direct exposure to the morning sun to increase melatonin and serotonin levels plus increases vitamin D levels.

17. Being aware of the language a person uses. Positive language has a positive effect on the brain

18. Living a blended life that includes social, physical, purposeful work and eating a nutrient rich organic plant-based food.

19. Purposeful work means doing something that has meaning. Eg. Dance, music, artistic endeavours. The list is endless. By doing something that is meaningful and passionate, the body responds positively by increasing the neuro connections in the brain.

20. Learn a new skill, start a new project, anything that is a real-life task that is a complex activity for the brain. In that way more systems in your body is engaged. Eg learning to play a guitar. The motor cortex, language centre, your creativity, frontal lobe, occipital lobe and the limbic system are all involved in the learning.

21. Eating organic plant-based foods. I cannot emphasize this enough.

- Herbs to detoxify the liver
- High density nutrients that deliver bioflavoids and antioxidants to the brain
- Eating brain food – green vegetables

22. Develop an attitude to life of one of joy as opposed to the fear of dying. The more a person's attitude to life improves, the more their lived experience of life improves.

23. Stop multi-tasking. It only creates more stress, more urgency and takes away the central focus from the brain.

24. Change any toxic environment a person finds themselves in. The environment being any or all of the following. The food one eats, the air one breathes, the water one drinks, the thoughts one thinks, where one works and the social surroundings one places themselves in. This also includes what a person chooses to watch, list to or read.

25. Stop eating sugar and/or avoid sugar spikes. It is too much fuel for the body and it 'splutters'

26. Stop eating processed foods

27. Fasting overnight, minimum of 12 hours to reduce stress on the body. This enables the body to balance out the blood sugars and the digestive system to rest and restore itself.

28. Use of Essential Oils

29. Sound Healing

30. Art/colour therapy

31. Light therapy

32. Shamanism

So much more can be written about these

33. The use of cannabidiol (CBD) This really helps people with PTSD by removing the fear part of the memory in the amygdala. The person has the memory but not the fearful part of the memory. I haven't personally had the experience of this but research in America has demonstrated this to be true.

34. Learn to love yourself. Every individual has the innate power to change their life, nobody else. Intuitively people know what to do, they just need the courage to step up and take action.

### Question 3

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

I have already mentioned what is working well in the last question and what I have written there is extremely appropriate to this question.

What can be done to prevent suicide?

1. Offer hope, a vision and strategies to face the presenting issues
2. Show unconditional 'love'. Love can mean many things to different people due to their personal experiences of life. For some people, to be heard and appreciated for who they are can be an example of love.
3. Offer an alternative to what a person is already experiencing now. A vision that the person can own, accept that it is natural for that person to step into that vision and have a supportive environment to assist them to experience their vision.
4. Access the core reasons for suicide which I mention in the last question.
5. Acknowledge the negative feelings and self-talk, understanding that it is just a thought from the mind in that moment and a person has the power to challenge that thought. Once done search for a more empowering thought that comes from the heart to take the person forward.

## How do we do that?

A whole document has been created on how to better prevent suicide and deal with mental health issues. This information can and will be provided when requested.

It is a document that outlines the Centres that will be built. The first one to be built in the Yarra Valley will be a template for all the rest to be built around Australia and beyond.

The document outlines the following for the Centres:

1. The name of the Centres
2. The Vision, Mission and Purpose
3. The Philosophy
4. The structural lay out and materials used to build the Centres
5. How the Centres would be built
6. The management
7. The funding
8. The programs
9. The type of clients
10. Accessing the clients
11. The healing modalities utilised
12. The staff
13. The healing practitioners

## Question 4

What makes it hard for people to experience good mental health?

1. Traditionally lack of self-esteem and self-worth
2. The vibrational frequency of their body is low which prevents them from attracting good mental health. Let me give examples of low vibrational frequencies.
  - A person who views life as miserable, despises life and generally has an emotional response of humiliation and shame.
  - A person who views life as evil, is vindictive, wishes to blame others, feels guilty and is in the process of destruction of their life.
  - A person who views their life as hopeless, has feelings of despair and apathy.
  - A person who views life as tragic has feelings of regret and grief and is in the process of being despondent to life.
  - A person who views life as frightening generally lives a life of fear and anxiety and as a result withdraws from life.
  - A person who views life as antagonistic generally lives a life of hate and anger, demonstrated through their aggression

Let me give examples of higher vibrational frequencies and the effect on their mental health

- A person who views their life as achievable is in the process of empowering themselves with courage and affirmation, permitting life to be feasible to them.
- A person who is satisfied with their life comes from a space of neutrality and a feeling of trust which enables life to release to the person what they require.
- A person who views their life harmoniously comes from a heart space of forgiveness and acceptance. They are in the process of transcending their past.

- A person who views their life as being meaningful, is wise in understanding the reason for their life and abstracts from life what they require.
  - A person who views life as benevolent and kind generally lives a life with reverence and love and allows life to reveal itself to them.
3. Lack of life-purpose
  4. *Unresolved issues* – divorce, sexual abuse, physical abuse, mental abuse, redundancy, anger
  5. No sense of direction in their life
  6. Unable to understand why they have a mental health issue
  7. Feeling inadequate - not living up to other's expectations, particularly family members and friends
  8. Feeling inadequate – not living up to their own expectations
  9. No sense of community or connection.
  10. Lack of basic essentials - adequate housing, 'sufficient' money, good quality food, basic education and understanding the basic laws of life
  11. Not been understood - 'black sheep' of the family
  12. Unemployed or underemployed
  13. Aren't utilizing or identifying their gifts/talents

What can be done to improve this?

1. Attend one of the Centre's and be part of or all of the programs that are offered. The Centres objectives cover many if not all of the following points.
2. Re-establish local communities where people's skills are valued and appreciated. The local communities identify their own needs and look within their community to find the person/people who can fulfil those needs.
3. Assist people to link their skills with the needs of their local community
4. Provide training in the area of a person's personal interest(s)
5. Keep programs that are successful in providing skills and or meaning employment. It is disappointing when a program has a very high success rate and then is not repeated due to a change of government, or the funding stops.
6. Enable people to have a sense of purpose particularly through payed employment
7. Enable people to gain meaningful employment. It can be one of the best preventions of mental health, particularly in the short term.
8. Enable people to see the bigger picture of what is happening in their life
9. Enable the creative mind to be expressed through the arts, music, dance, theatre, photography, video, film making and many other creative arts.
10. Change the commonly held belief that people must be in paid work to be of value to the community
11. Support the communities that are engaging local people in their community in projects that have meaning and purpose.

Question 5

What are the drivers behind some communities in Victoria experiencing poorer mental health outcomes?

1. Fear, fear and fear perpetrated through the media and the unfair judgement of people who are either unemployed or struggling with mental health.



2. The vibrational frequency of many people suffering mental health is very low. Emotional states of humiliation, blame, despair, regret, anxiety, craving, hate and scorn are often common in these people.
3. Many people with mental health issues view their life as miserable, evil, hopeless, tragic, frightening, disappointing, antagonistic and demanding.
4. Inability of people to adapt to the changing conditions in a local community, their state, country and/or the world
5. Unemployment and underemployment in these communities
6. The social stigma (outside judgement) associated with living in those communities.
7. Generations of unemployment and associated stigma.
8. Ancestral pain. EG Aborigines and generations of unemployed parents
9. Negative judgement and labelling of people based on colour, race, religion, ethnicity, age and general appearance.
10. Lack of facilities; educational, health, sporting, artistic and the appropriate people with the skills and passion to manage such facilities.
11. A general expectation that the government; local and state will solve all the problems. Local people must instigate local solutions with government financial support when and where needed.
12. Apathy due to past failures: A lack of drive to look for new solutions in the local area.
13. A lack of genuine local leaders to stand up, create a vision for the future and have the drive and ability to manifest the outcome.

What needs to be done to address this?

1. Empower or find local leaders, who don't have an invested interest in a project other than a genuine desire to help their local community.
2. Local people must instigate local solutions. What works in one community may or may not work in another community. The basic idea utilized successfully in one community can often be fine-tuned to suit another community.
3. Financial resources needed to be available when needed.
4. Empower and support people to move from a negative **mind** set, to a positive **heart** space of trust, optimism, forgiveness, understanding, reverence and finally serenity (not an easy task but totally possible)
5. Create a Centre that I mentioned before to provide the healing of the mind, body and spirit of each person who attends. To educate people of the universal laws of life, the power of the appropriate organic food to heal the body and enable people with the skills to create a life they have imagined.
6. Create hope for these people, with a vision and support as I have mentioned. The following poem summarizes it perfectly.

Stand at the gate  
You have been here before  
Many times in this lifetime

Courage is obligatory  
Trust is mandatory  
Patience is essential

What awaits the other side of the gate?  
A new chapter of your life  
A new adventure to experience  
A discovery yet to be discovered

The gate calls to you.  
"Open and walkthrough"  
It whispers...

"You have much to experience in this life yet  
You aren't done yet  
You have only just begun..."

"Bring your gifts  
Bring your optimism  
Bring your wisdom  
There is much for you to share."

Where will the path lead you?  
Who are you still to meet?  
What places are you to visit?

Close your eyes and breathe  
Stand your full height  
Call on your spirit to lead you

Life has always supported you  
It will again  
Transformation will occur  
As you walk through the gate.

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