

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

SUB 0002.0030.0297



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

"I am loathe to say to add more into an over crowded school curriculum, however if there is a way to introduce information throughout primary and high school then this might lead to a greater understanding and acceptance, and in some cases help to answer questions that some students may have about how they are feeling. Depression and anxiety do not only affect adults."

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?

"In my son's case he had tried to get help. He had booked himself into a private clinic which didn't work out and once released went home and took a large amount of prescription medication then called an ambulance saying that he had taken the medication and was having suicidal thoughts. He was taken to a hospital which sent him home at 1.30 am without getting any support for him. Soon after he suicided. I found this out through requesting records through Freedom of Information. People who have presented at hospital with suicidal thoughts should not be released into their own care. I realise that there is a fine balancing act with privacy concerns, however family support should over this in cases of suicide thoughts."

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 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?

"My son had a number of years addicted to prescription medication which led to higher and higher dosages being prescribed. The system needs to provide support for those people who want to wean off these drugs. I am not sure what the answer is, I only know that my son tried to get support by booking himself into a private clinic and the end result was that he suicided the night he was released. From joining support forums it appears that it is not a lone incidence."