

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

Organisation Name

N/A

Name

Ms Caitlin McLennan

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

More organisations and phone lines out there for people to contact. The current ones available aren't enough

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?

I don't believe that anything is working well. Hospitals and mental health centres are only interested in children under the age of 18 and adults with a disability along with mental illness.

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

Nothing is every going to stop suicide. It is the world we live in today. Social media has a lot to do with it.

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.

Not having the right amount of care for people who don't need to be admitted to hospital. Not every mental health patient needs to be admitted to hospital. Not everyone can afford to see a psychologist. More services like Head Space would be ideal.

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

I think that has a lot to do with councils and what they focus on.

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

The community understanding the complexities of living with and dealing with someone with a mental illness. Sometimes that mental illness is hidden e.g. Asperger

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?

Support groups linked with local councils.

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?

Support for anyone who walks into an emergency room and asks for help. No one should be turned away because they aren't deemed a high enough risk to get help.

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

"A lot more awareness on social media, radio, TV. Mental health is a hidden illness."

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

Mental illness is something that is not seen. Most of the time it is hidden.