

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

SUB: 0002.0019.0025

Name

[REDACTED]

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

"The community needs to recognise that the drug culture in Victoria and the whole of Australia should be taken into account also when talking about mental health. Personally, I have had a bad experience trying to access mental health support for my only son, who I lost to suicide in April 2018. [REDACTED]

[REDACTED]

**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?**

There is some great support available to those with mental health diagnoses but not if you have an addiction to an illicit substance and suffer from mental health issues.

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

"I found no support for my son and of course after his death, [REDACTED]

**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.**

"Addiction, from my experience, no other services link with drug addiction"

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

More money needs to be put into education about A&D addiction.

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

Support for families of addicts.

**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?**

"Addiction is killing our kids. Support for addicts with mental health issues needs to be looked at. We need to be able to place our children (regardless of their age) into rehab facilities. If they are crying out for help, we should be able to treat the addiction along with the mental health problems together. My son was told that he needed to get clean, (he had 3 weeks of negative tests) before they would help with detox and rehab. He was crying out for help and wanted to go to rehab but no information about what was available was given to him or his family. [REDACTED]

"

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

"Educate everyone on the dangers of drug addiction. Train some specialist to deal with drug addiction and the mental health problems that come with it. [REDACTED]

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

Change is needed. The drug culture in Victoria is an epidemic. This problem will not go away if our politicians refuse to make changes to accessing mental health support for everyone.