

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

SUB. 0002.0027.0117

## Name

[REDACTED]

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

More open discussion within schools on how to help kids not coping. More funding for youth services that can help support kids in need. More preventative measures against the bullying culture of online cyber bullying

### **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?**

We desperately need more access to health professionals. It took us 5 years to get our daughter seen by a psychiatrist. Up until that point it was only psychologists and GP access that was available. Local government access was only available for four visits and this is just not enough or adequate when dealing with an ongoing issue. As a family this has placed enormous financial and emotional strain on us as a family.

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

More health professionals that can identify and advise on where to go and who to access. GP require more training on who to get the persons too for evaluation and care. More funding and advertising for local mental health groups so that people can access at all hours as not every suicide attempt happens between 9-5 weekdays.

### **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.**

Cyber bullying is completely out of control at the school levels and more must be done to combat this. Services need to have more accessibility for families and youth not just weekdays. It's incredibly scary to have no safety net overnight and weekends. Especially if you have a suicidal child.

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

"More services, more access, more health professionals or just pushing pills. More more funding and research "

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

"More family support ongoing 4 visits with family therapy us just insufficient and easier access to affordable appointments. We've spent thousands on psychologists, medications, hospital visits, psychiatrist appointments. Everything has to be paid up front and when you have a family

sometimes just can't afford \$500 visits upfront "

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

"More funding, more training and support "

**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?**

Unsure

**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?**

"More options of visits that are bulk billed, more options for youth living with mental health. More facilities that can help younger kids. "

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

Funding funding funding and more professionals

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

Just please help us to help and care for our family members who are trying to navigate this difficult system and get the professional help they need