

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

SUB.0002.0006.0024

## **Name**

Anonymous

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

"I think this area is going well but not a fan of RUOK campaign. TV Broadcasts like changing minds, are you mad are informative and engaging - and comforting if you live with a mental illness/ are a career. Needs to be more information on HOW to access help in times of escalating crisis."

## **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?**

Information about groups like Beyond Blue very well publicised. Rebates for psychologist visits essential.

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

"Better system/ place/ care needed than emergency department 'screening' assessments for those in crisis. From personal experience, ED worst place. Feel like not paid any attention by staff in ED, felt like imposition, lack of any basic care including basic things like making sure I had water to drink. while waiting for entry into psych unit no care/ communication from ED nurses. Just horrible. Experience was At [REDACTED] [REDACTED] However, I did feel some relief initially at being assessed as unwell enough to for Psych unit admission. The experience in the unit though was extremely challenging for me. But I survived - not always the outcome for others."

## **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.**

"GP is not always enough. I have had to, along with my family, advocate for myself to get referral to psychiatrist/ psychologist after many years. Have had to do the same for my mother. Access to care at escalating crisis time extremely difficult without private health insurance. "

## **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?**

Clear and accessible pathways to get help for sufferers.

## **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?**

The huge gap between level of GP care and mental health units. At the very least not require a screening assessment in ED environment of public hospital to get inpatient care. There should be accessible publically funded care places other than ED departments

**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?**

Thank you for all your hard work and efforts. As a child of a mother with late diagnosed bipolar disorder and a sufferer of episodic depression myself seeing real efforts to improve Victorian's mental health care is heartening.