

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

Organisation Name

N/A

Name

Mrs Madeline Coelho

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

N/A

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?

N/A

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?

They should get support and be paid properly.

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 Victoria's 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 Victoria's mental health system and

Psychiatric History

I have a long-term psychiatric condition, bipolar disorder with Complex PTSD caused by Childhood sexual abuse (and adult rape) and I have been on psychotropic medication since 1984 (34 years half of my life.) It has caused my weight to balloon to 90kg and with that I have developed Type 2 Diabetes, hypertension, IBS and reflux. I have a lot of gastritis which is enervating. The long –term use of the anti-psychotic Seroquel has caused me to become very anaemic and I use ferro-grad C to treat this. I also use epilim (the mood stabilizer) and lovan (the antidepressant). These also cause weight gain.