

**Jennifer Anderson****Your contribution**

***Should you wish to make a formal submission, please consider the questions below, noting that you do not have to respond to all of the questions, instead you may choose to respond to only some of them.***

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

2. 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?

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

4. 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.

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

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

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

8. 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?

9. 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?

Mental health needs to be taught in our primary schools– children should learn about coping methods from an early age. The problem with our current health system is the concentration / focus on how to treat the problem. Focus should be on **prevention**

An example being introduced into American primary schools is EFT – emotional freedom techniques.

Easily taught by teachers .. a book suitable for this age group has been produced called "Gorilla Thumps & Bear Hugs" by Alex Ortner. Published and distributed in Australia by Hay House Australia, Phone 0296694299 [www.hayhouse.com.au](http://www.hayhouse.com.au)

<https://www.thetappingsolution.com/blog/helping-school-children-thrive/>

More references.....

There is an online course for teachers

<https://evidencebasedeft.com/>

<https://evidencebasedeft.com/tapping-in-the-classroom/>

<https://www.tappingsolutionfoundation.org/tapping-teachers-students/>

There are many EFT practitioners in Australia

<https://thetappingsolution.com/eft-practitioners/other-countries/australia/>

10. What can be done now to prepare for changes to Victoria's mental health system and support improvements to last?

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

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acknowledgement

I understand that the Royal Commission works with the assistance of its advisers and service providers. I agree that personal information about me and provided by me will be handled as described on the Privacy Page.

Yes  No