

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

Organisation Name

SUB. 0002.0014.0006

N/A

Name

Anonymous

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

"This is my second submission because I think I left out a bit in my first. I still think there needs to be more funding, education and education support in the mental health system. "

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?

What is working is the history; it has taken hundreds of years in evolution to get this far. A few hundred years ago we were all dying before the age of 35. What can be done better; everything!! Raise the quality standards. Get back to respecting and upholding individuals human rights. People in Government are getting paid good wages but a very large population of Australia is living in poverty and neglect which are forms of abuse; this means the government is not doing its job. I wanted to state in this submission my role in preventing higher quality of standards; the health care job I work in is extremely bad of which I often miss my full breaks and work overtime without pay. Plus there are some serious safety concerns; I can't blow the whistle because I don't want to lose my job and rock the boat because I have a mortgage and bills to pay. A man in my work place took his own life. I work at a local public hospital that help look after my city; Melbourne. If the community knew how bad it was I think they would be shocked. So too some of the senior staff. The problem is a lot of the managers that can fire me or make my work place worse; so it is better than I stay quite even though it is not safe. If this is true for me then I imagine it is true for a larger amount of workplaces.

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

There is infrastructure and people working round the clock to try and improve people's lives behind the scenes. I think these people are the heroes that nobody talks about that we should be thanking and rewarding. Some of these people I work with; I have seen the effort that must continue and grow stronger and louder. Also a lot of the service don't reach into rural areas that are affected the worse....this needs to happen.

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.

"Poor social economics, poor education. To reverse this you need higher standards of living backed by social services that support these new high standards. Better quality education, public health funding etc etc. Location is by far the biggest issues; if you're a young indigenous girl in a foster family in rural Australia where the likelihood of committing suicide is high; there is obviously a systemic failing of systems and people. With the rate of Male adult suicide also high at almost 6 people a day this too needs to be looked at; why are men killing themselves rapidly; they're obviously not happy if they're ending their lives; this needs to be fixed! People should have every

right to fall in love with the world and their involvement with in that leads to long healthy lives. "

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

"I personally have an issue with work place bullying and the police. Last week I found out that as a women on the street ringing for police assistance; a lawyer told me the police have every right not to help if they choose to do so; there is no ""duty of care"" or accountability. This means if a police officer want to offend without anyone seeing it; there is an imbalance of power and a disrespect of human rights. This is why as a women on the street I have every right not to feel safe. Also Nurses professionally get in trouble if they are seen as neglectful in any way; I don't understand why police don't have that same accountability. "

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

"It cost money to work with or get support from ""[REDACTED]"" for a multicultural family navigating the NDIS with no English speaking skills.....there is not many services or organizations that will reach out and help these families that fall through the Gaps. I worked volunteering with a Women's health group that worked in the refugee settlement services up until last year when we had all our funding cut. They shouldn't of cut the funding there are lots of people falling through the Gaps still. "

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

The larger community in general needs some basic mental health lay knowledge; we are talking about the populations psychological health. I think even all schools today miss out of preparing children for engaging with services that may be needed in ones life. I think there is still a taboo about talking about death and grief which is an oblivious human experience that people can not escape.

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?

NA

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?

See previous answers

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

We have an environmental crisis. A suicide crisis. A taboo around the conversation of death. These three things are all linked. They all need to be talked about so we can begin to take action and save our selves and future generations before it is too late.

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

probably. xo