

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

SUB. 0002.0030.0264

## Name

Anonymous

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

More workplace campaigns

### **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?**

More funding our services are so stretched it can take weeks to get appointments to see specialists if they are taking new patients at all.

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

Suicide Helplines but they need more staff and funding

### **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.**

Because services are stretched you are made to feel like a burden. You dont present with a physical illness therefore there isn't really anything wrong with you.

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

Treatment varies from hospital to hospital. I have had ECT in various hospitals and although the machine and settings are the same the side effects vary this should not happen.

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

there needs to be more support for carers.

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

Better pay and more support themselves for debriefing as its a stressful job.

### **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?**

I find this hard to answer I work when I can and find it really difficult taking time of work when my mental illness plays up. I have lost jobs over it and been overlooked for promotions etc

### **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?**

They just need to identify how big the problem is and how hard it is to get support. I had 7 months off last year due to my mental illness I applied for centerlink and gave up as the process was so stressful and degrading its so hard and the system makes it harder.

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

consult people living with mental illness

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

My Name is [REDACTED] I was a patient at [REDACTED] private hospital in [REDACTED]. On Sunday the [REDACTED] [REDACTED] [REDACTED] [REDACTED] I was subsequently found revived and transferred to the [REDACTED] Since that time I have called numerous times to speak with someone in charge and no one has returned my calls so I have a few questions for you. 1. Why was my bag strap and shoe laces not taken from me when I expressed a desire to the nurses and [REDACTED] that I wished to hang myself? 2. Why was I let out of [REDACTED] [REDACTED] from a hospital staff member who was not a nurse on duty on the ward? 3. Why is TMS held outside of [REDACTED] [REDACTED] with patients walking to and from TMS with no supervision. 4. Why hasn't anyone had the courtesy to return my phone calls? I have been servery traumatised by this experience and have flashbacks daily of being revived it's something that will haunt me for the rest of my life so my final question. 5. Why didn't the hospital keep me safe? I want more responsibility for hospitals to keep patients safe. I want safety plans that hospitals already have in writing to be adhered to and I dont want anyone to ever go through something like this