

Royal Commission into Victoria's Mental Health System

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Hello, I am a 22 year old female who has experienced and is still experiencing mental health issues. My diagnoses are major depressive disorder, generalised anxiety disorder, borderline personality disorder, agoraphobia with panic disorder, somatoform disorder, learning disorder eating disorder NOS and PTSD.

A lot of my traumas come from my father who has substance abuse, ptsd and other mental health issues. My father and mother divorced when I was 4 and I saw my father on/off because of his alcoholism and drug abuse issues.

When I stayed unsupervised with my father I witnessed him hallucinating, driving intoxicated and other things no child should of seen but he convinced me 'white lie' (as he would say) to my family and mother about these things

My mother being a single parent affected me as well. I love her dearly and she is my main support but I didn't see her much because she worked so hard and when I did it was getting me to eat and go to bed after being at school from 7am-6.30pm.

My fathers side of the family treated my father as an outcast so I was treated as one to. I hid my mental health issues from them and my mother for along time which caused more trauma.

At 16 years of age in January 2014 I impulsively [REDACTED] and was knocked unconscious and had a seizure. I was taken to the [REDACTED]. My experience in the [REDACTED] psych ward was horrible it felt like no staff cares if you were happy they just watched to see that you weren't killing yourself. No care at all.

I started to open up about my issues from when I was 9 but my mother didn't know the extent of my issues until i was around 13 and since then I have seen countless gp's, several psychologists, over a dozen different psychiatrists, 5 mental health outreach support workers I have had multiple psych ward admissions. I have been to group day programs at different facility's with most of them based on dialectical behaviour therapy.

I saw 3 different psychologists at [REDACTED] and took over a month for a psychiatrist to see me.

I got rejected from [REDACTED] the first time but the second time they put in the [REDACTED] clinic to see one of there psychologists and psychiatrists, with my disorders I should of been put into the [REDACTED] clinic and asked to switch to that clinic after trying for a year with the [REDACTED] clinic but the answer was that they were to full, so it was stick with [REDACTED] who treated me unfairly or find another place and [REDACTED] did not help to find another psychiatrist to transfer to, just my gp they simply didn't care.

I got referred to multiple private psychiatrists from my gp and they would not accept my referral or l'd having a consultation with them and they would say that they didn't think they could not help me or take on my case.

It took six months and countless episodes, ambulance calls, CATT team calls, putting my mother through hell, losing so many people I loved, becoming very very underweight, self-harming, suicide attempts and much more before someone

The police are not trained well enough or at all by the seems of it to help people suffering with mental health issues. I have had multiple episodes where the ambulance got called and the police would show up and be physically and verbally aggressive and would treat me less than a human being, when I was not doing anything but crying and trying talk to them about what my situation at that time, because that's the first thing they asked. The police escalated my situations instead of helping and caused more traumas in my life that I still deal with today.

There needs to be more allied health and outreach support in ndis. I had a mental health outreach support worker with Cohealth and received the middle ground/in between support I needed and still do need. But when they i was transferred to the ndis system that support was taken away from me and it has been 5 months and I have still not got a mental health outreach worker or allied health worker because the government has taken all those jobs away.

CATT teams need more funding. When someone is suicidal all you can do is call the ambulance or the CATT team and even when it is a crisis they don't have time to see you until the next day sometimes even longer.

In public hospitals, doctors do not come to see person that is suicidal quick enough and sometimes their is only a short amount of time where the person will stay in that hospital before EASILY running out of the hospital with no check up from the hospital.

More access to help in high school AND primary school!!

More lectures/outside presenters on mental health at schools

More funding for mental health plans

More emergency public options

Public day programs not just private Bullying in schools

Thank you