

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

Submission. 0002.0030.0117

Name

Anonymous

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

More programs in schools. Programs in the work place.

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?

"Mental health care plans are a start but not the solution. Some people with mental illness need more support and feel isolated and alone. A personal care worker or case worker to be provided to individuals- someone who can come to the home on a regular basis to assist with motivation to complete household chores, or just as simple as getting the person out of the house and going for a walk. A better government mental health system- similar to the private sector- including daily/ weekly ongoing programs for individuals who may not want to be placed into hospital for care. Better care plans for individuals who are placed on medication so that it is not the only tool and better assessment so that individual doesn't stay on meds for decades with no other support or plan."

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

Education in schools. Better assistance for drug and alcohol abuse that leads to mental illness- support for families so they know best to assist.

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.

"When you are at a place when things are so bad, it is difficult to know where to start. This process needs to be simple, accessible and easy."

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

Drug and alcohol addiction. Better programs.

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

Assistance in knowing how to support someone in need / better education.

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

N/A

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 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?

The public system (if hospitalisation is required) is not a place I would like to find myself in. Something closer to the private sector with better support groups / courses.

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

N/A

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

This initiative was not advertised very well. Better advertising so that more people could have their say.