

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?

Ways that stigma or discrimination gets in the way of you having a job, a home, an education, paying bills getting paid fairly.
Very hard to get a rental in [REDACTED]
Having trouble standing up for myself being paid fairly.

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?

Community-based services eg. Art group
Good medication

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

Lifeline works - crisis phone line &
Good Friends

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.

Not enough ongoing support.

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

It should be compulsory to take medication with follow up. Personally I take required medication but across the board this doesn't happen

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

Information

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

Not enough peer workers
Not enough counsellors or therapists

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?

Loss of community support services

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?

Ⓡ Finding correct medication for individuals

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

Too many documents, not enough real change

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

Cuts to community mental health
Support services including drop in
services have been detrimental

Privacy
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