

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

Submission. 0002.0028.0463

Name

Anonymous

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

"1/ Make it mandatory that when a government employee is diagnosed with a mental illness he or she CANNOT be forced out of his or her job as I was in my government secondary college position. 2/ Make it mandatory that when a mental illness is diagnosed in a government employee the department must offer support, counseling, leave with pay/ work cover and NOT act to destroy them as happened to me by my school and by my region. And even some in the [REDACTED] [REDACTED] 3/ The government should look at the degree of stress amongst teachers and the causes."

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?

"I was diagnosed with PTSD. Two doctors, one a very noted psychiatrist, both diagnosed me. And yet the [REDACTED] sought my blood. NO support. MNO care. NO counseling. And no longer employed."

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

Oh I thought of suicide more than once. I even came close. Not that the corrupt [REDACTED] [REDACTED] or my then bullying harassing discriminatory school cared. A government secondary college. Western Region.

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.

see above

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

again see above

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

"They have to live with the strain we cause, our drinking, worse driving, insomnia due to stress, obesity due to poor belief in self..."

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

you tell me; I've had no help and blasted [REDACTED] working for the government only wanted me gone

so they could grab their hefty commission

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?

ha ha ha

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 above

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

see it again

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

"Do you really care? I lost my job, my health, my sleep, strained my family... who the bloody hell cares for us???"