

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

SUB: 0002.0001.0059

  

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

"Training for managers and supervisors in any workplace to help and assist, and gain an understanding of mental health. Mental Health training for teachers "

## 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?

Free access to a GP for the mental healthcare plan referral.

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

"The mental healthcare plan is working, but partners and families of those suffering need to access training and support on how to prevent. There are the suicide hotlines and chat rooms but they have wait times. My partner has attempted suicide 3 times in the last 12 months and there is no support for myself and the trauma this has caused our relationship. "

## 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.

Support groups

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

N/A

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

"A clear action plan of what to do when a partner or family member attempts suicide. When my partner attempted suicide i had no idea what to do to help him as he did not want to seek medical attention, i ended up calling the hospital and they were not able to help as he was refusing to be admitted, they recommended i call the police as they were the only people with the power to take someone against their will for the house. This was not something i wanted to put my partner through during this difficult time as i knew it would escalate his feeling of self disgust and embarrassment. He saw his gp 1 week later but by that time the level of his darkness and sadness had subsided so it was hard for the doctor to have a clear indication of the urgency. We need help in the moments that the person is trying to take their life and guidance on what to do and say and do to help them and prevent them. "

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

Compulsory training programs for management and supervisors.

**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?**

N/A

**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?**

N/A