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

Organisation Name
N/A

Name
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What are your suggestions to improve the Victorian communitys understanding of mental illness and reduce stigma and discrimination?

"Believe us. Treat us with respect. Stop gaslighting us. Stop making us sicker when we beg you for help. If we go to Emergency suicidal begging for help DO BETTER. Stop telling us you can't help us and sending us home suicidal Make mental health financially accessible. Stop the psychiatrist waiting lists, make psychiatrists included in medicare. Make all of psychology free on medicare. People suffering from mental illness are more likely to be on a low income or disability pension, health care is a human right that we go without if we aren't rich, which means our mental health gets worse than it needs to be, because we can't afford to pay for mental health services Stop cutting funding from youth community services and from adult community services. Stop making them jump thru ridiculous hoops for funding. If you didn't cut funding homelessness rates wouldn't have gone up 70%. You do not value community services which means you drive people into desperate situations that could've been avoided or minimised. There is zero common sense "

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?

"Absolutely nothing is working well. I would say private mental health must be working well to a degree. If you have money you can access help easily. In regards to psychiatry appointments, recieving a diagnosis in a timely matter, therefore taking appropriate medicines, whilst people who dont receive appropriate medical care can't be medicated or treated properly. Resulting in a lack of understanding of their conditions, wrong meds, too many or not enough meds. How can you treat someone who is misunderstood   Which also relates to the problem of the mental health workers. Either their personalities or skills and education is inadequate. A lot of the time the way workers treats us makes us more mentally ill. I've just been at PARC ▇▇▇▇▇▇▇▇ and the staff there will bicker with clients, gaslight them, say things to agitate and then when clients reach their breaking point they wonder why, and still don't give them space to regulate their mood, they just poke the bear and push their buttons forcing clients to turn to extreme behaviours because their mood has been manipulated to an extreme by the workers who would prefer to have the last word at the detriment of clients mental health. Myself and many people I know have begged to stay for help at ▇▇▇▇▇▇▇ psych ward for them to force you to discharge and call the police if we don't leave. so we all get sent home suicidal, so you wonder why there's so much suicide, begging for help doesn't even work, some people get called manipulative for self harm which is the most counter productive thing to say If people are ""manipulating"" via self harm it's because no one listens to our verbal cries for help and their MENTALL ILLNESS pushes them to do extreme things because they can't get help "

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

"Nothing is doing well. As I said earlier, you can't cut costs for community services and not expect disadvantaged people to suffer in some way. If you lower the chances of having access to early

intervention, this is the consequence"

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.
"The Australian government and Victorian government do not tell us how to access things we are entitled to. We don't know how to find help, until you've reached a suicide attempt you don't get help This method of Chinese whispers to find help applies to the whole Australian medical system. Services are never going to link up or net work efficiently because they're UNDER RESOURCED. Financially and in other ways."

What are the drivers behind some communities in Victoria experiencing poorer mental health outcomes and what needs to be done to address this?
"The mental health system almost doesn't exist Our facilities make us sicker instead of better In Victoria you only deserve mental health care if you have money, other wise you're treated very poorly"

What are the needs of family members and carers and what can be done better to support them?
Carers receive zero support   There's no education on symptoms for family members which causes fractured relationships because they don't understand their family members mental illness

What can be done to attract, retain and better support the mental health workforce, including peer support workers?
"Spend the money, overhaul your workers, stop hiring undereducated people who need more education to do their job properly a lot of mental health nurses and support workers within mental health accommodation are not up to standard. they are a big the reason the current mental health system is broken"

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?
"Mental and physical disability accessibility. This means accommodation design, PARC ▬▬▬▬▬▬ has the doorhandle on the opposite side of where you swipe your key. the single beds move around on the floor and the beds are so low that I couldn't lift myself out of bed properly. mental health should be accessible for everyone this is purpose built accommodation which makes it even more disgusting. are people with disabilities ever part of decisions? No.   We can't ""realise our opportunities"" after we have already become socially isolated from being ignored from the medical system. "

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