

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

SUB.0002.0025.0079

Name



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

Not to lump people with anxiety and depression with those that have far more severe mental psychiatric needs

**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?**

Better assessments more in-depth that take longer than 20mins

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

Better trading of people on the hotline numbers more people to answer the phones.

**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 bitter twisted nature of a lot of the mental health workers not all but most should not be working in the job just because they passed a course

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

I live in a nice suburb so I'm guessing because of economic status and drug use some communities may be treated worse off

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

N/A

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

All workers should be having counselling themselves mandatory whether it is to deal with or just keep a eye on the fact of whether they should continue this type of work

**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?**

Opportunities..... your joking right ???

**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?**

N/A

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

More funding for better more well trained staff that can actually take the time necessary to properly assess people

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

"I live in public housing and have been for the last 9 months I have a 14 month old daughter. Due to family violence I have anxiety depression and PTSD and I have been housed in a building with people with severe mental health issues some have schizophrenia as well as drug issues and it is as scary as hell sometimes just to walk from the lift to my door and get the key in quick enough in fear that one of them is going to have another episode and attack my daughter and myself. But this is what I have no choice but to live with because people with ANY mental illness are all put unde the same umbrella and lumped together when it come to public housing. I don't want to sound ungrateful for having a roof over my head for my girl and I, there is just no way my anxiety PTSD and depression are going to get any better living in this premises, NO I am not on DSP. I was told it was meant to be a sensitive selection for this building because it's brand new but the housing worker Ingrid said she was pressured to fill it quick so just threw whoever she could in to fill the apartments. I have put in for a transfer but have been told this may take a couple of years. My point is myself and my 14 month old daughter should not be living in a state of fear because all mental illness is treated the same. Thank you for taking the time to read this [REDACTED]"