

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

## Organisation Name

N/A

## Name

Miss Sarah Bailey

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

"More awareness being raised - more ads, posters at bus stops - Dr's asking their patients if they're OK. Encouragement by the government to medical practises to put up more signs with help numbers - more advertisements of ""It's OK to not be OK"""

## 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?

The government sponsored 10 mental health sessions with a psychologist is good -but some people needs more than 10 sessions and can't afford to be out of pocket. We need more rebates for psychiatrists - they're super costly. A psychiatrist can better assist with medicine knowledge.

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

Nothing is working - suicide is so high - especially in men. We need more awareness - we need more companies getting involved promoting mental health awareness and that it is OK to not be OK. R U OK day is a great initiative but we need more.

## 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.

It's hard because a psychologist cannot prescribe medication - only your DR or Psychiatrist can - and then patients end up being on the wrong medication b/c the DR's are not well enough informed of the sessions with the psychologist. There needs to be a better link so DR's aren't just saying lets try this and this and making people feel worse.

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

"Isolation, lack of jobs. Lack of awareness regarding mental health - the stigma of it. Reduce the stigma - have more advertisement and have DR's be more open to asking patients how they are"

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

Counselling for them - ██████ lost ██████ to suicide and ██████ received counselling but no one else was offered it. Even I attended to scene to support ██████ and no one reached out even though the police took my details.

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

They need counselling too - they hear and see some really horrible things.

**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?**

More support groups being advertised to talk to each other and share our ups and downs

**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?**

Better communication between GP's and the people they refer their patients to.

**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