

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

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## Name

Anonymous

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

Have doctors always talk about mental health and do an assessment while doing normal routine check ups on people Have the government advertise mental health plans Have doctors and practitioners advise more about mental health plans

### **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?**

Social media works well People sharing one another's hard times/suicides/concerns

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

More knowledge on mental health plans Cheaper access to psychotherapy

### **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.**

Money Make it cheaper Make it more accessible via doctors

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

Money and addiction Help people with drug addiction more instead of tossing them away Help people with alcohol addiction Not just a phone hotline there needs to be as many classes or rehabilitation seminars as there are yoga studios

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

Financial support Also cheap seminars to learn exactly what theyre dealing with

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

Seminars

### **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?**

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?**

Have patients in hospitals and clinics always asked about mental health

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

Social media adverts Encouragement by doctors/hospitals

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

N/A