

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

## Organisation Name

N/A

## Name

Ms Wendy Donnellan

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

"I believe there's plenty of awareness around mental health, sadly there will always be those who are ignorant and/or until people are directly affected then they sit up and listen."

## 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?

"People/parents need to not put pressure on children to achieve what's beyond their capabilities, get back to basic living. Encourage growing veggies, get rid of unnecessary tins and fast foods. Those who have mental health issues given opportunities to go into schools/work place and talk about mental health. We sadly live in a very busy world with too many pressures on people."

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

No comment

## 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.

"More encouragement on healthy eating, exercise and people who are willing to talk about their experience to go into schools, unis or work places and share their journeys. The mental health units need to be a separate building, not attached to hospitals. Personally with my latest admission I was overwhelmed by too many services and bring to remember whom is who in the zoo."

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

"Much better help for broken families. Get rid of too much fast foods, get back to basics. Focus on Needs. Better access to services in rural communities."

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

In 3 words Government Funding increased .

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

Funding

## 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?**

"Outreach to homes, meet the people where they feel comfortable, surveys /questionare "

**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?**

"Much better facilities Eg: cleanliness, homely, smoking areas did I say SMOKING AREAS"

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

Input from those who use the services

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

"Please please look at the airports for example as to purpose built smoking areas. Yes smoking is bad we get it but it's our right to choose and those who don't like it can stay away from those designated areas, it takes away the stress for clients and workers. People need to be treated as 'Adults' while being treated. ""Clean and homely facilities"" "