

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

Organisation Name

N/A

Name

Ms Sandra Laver

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

"Furthering education regarding mental illness and fighting entrenched attitudes towards these people, particularly in the aging population. People who are not in the workplace have very little support or organisations that will support those not in the workforce. We need to provide more support for those who are not working as well. More trained professionals in the field to inform, write and action policies. "

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?

"Work place awareness is improving, as well as avenues. However even this portion of the population have little ability to seek protection with the Bullying Policies offering very little avenues for protection except face to face mediation and the victim leaving the work place. But EAP programs are a good start. Beyond Blue and Lifeline do great work for the wider community as far as channeling support, but there's no support for taking claims against discrimination or bullying of those living with mental illness. "

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

N/A

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.

"Lack of accountability of instigators and perpetrators of discrimination, exclusion, harassment, bullying, etc. of those living with mental health illnesses by local community organisations, clubs and businesses. Those bodies meant to support victims have refused/ been unable to act."

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

Lack of accountability of strong holds of those excluding those living with mental illness.

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

"Family members struggle a lot to provide the support needed, especially for the aging population living with mental illness and more so when geographically remote. "

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

N/A

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?

"By encouraging them into safe community groups. This means community groups need to be education, training and held accountable for unacceptable behaviours relating to those with mental illness. "

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?

Perpetrators need to be held accountable asap as they act with impunity.

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

Accountability and accessible avenues.

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

My 7 year experience with the [REDACTED] which saw my private details stolen and shared. I was bullied and harassed and there's been no accountability. [REDACTED]

[REDACTED]