



The Royal Commission in
to mental health systems
in Victoria.

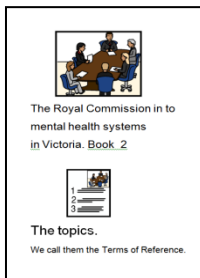


We want to hear from you



Tell us about the mental health system. Tell us

- what it was like for you
- things that are good
- things that are not good
- ideas for change.



Read more about things we want to know.

They are in Book 2. The Topics.

You can read about them in Easy English.

You can get it at <https://vmhs.vic.gov.au>



When can I tell you?

July 2019						
MON	TUE	WED	THU	SAT	SUN	
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Tell us by 5 July 2019.



How do I tell you?



You can call us
1800 00 11 34



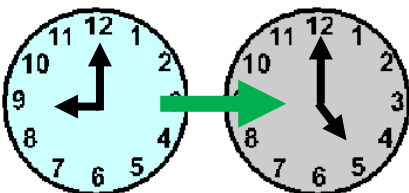
or
03 7005 3010

Su	M	T	W	Th	F	S
X	✓	✓	✓	✓	✓	X

We are open Monday to Friday

We are **not** open on

- weekends
- holidays.

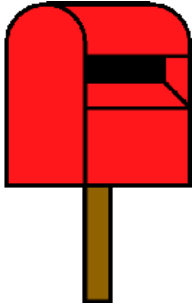


9:00 am to 5:00 pm.

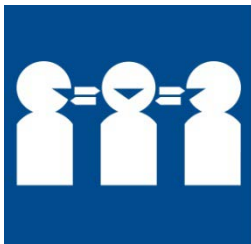
or



You can write to us



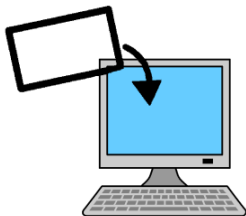
P.O. Box 12079 A'Beckett Street, Victoria 8006



You can write in your own language.

We will translate your letter.

or



You can email us.

contact@rcvmhs.vic.gov.au

or



You can do it online on our website.

Go to <https://rcvmhs.vic.gov.au/submissions>

On our website you can



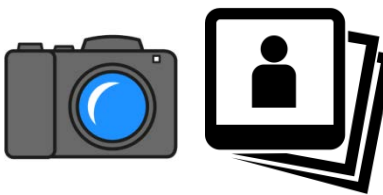
- write something

or



- do a video

or

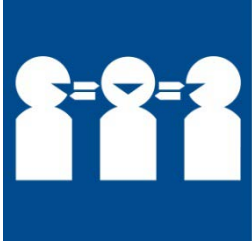


- send some pictures

or



- record you voice.

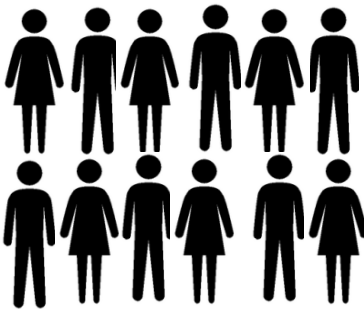


You can do it in your own language.

We will translate it.



Remember



The Royal Commission into Mental Health

Systems in Victoria is about all of us.

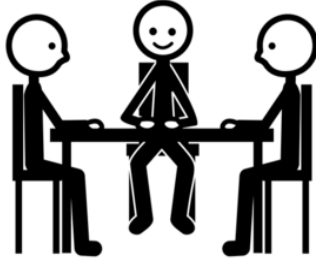


It is about

- things that are good now
- things that need to change now.



Do you have a problem now?

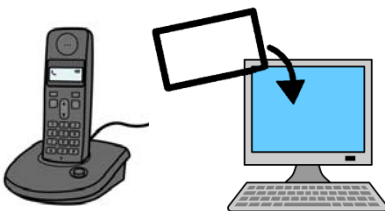


Talk to your service

or



Go to the Mental Health Complaints Commission



Phone 1800 246 054

Email help@mhcc.vic.gov.au



Website www.mhcc.vic.gov.au

or



Australian Health Practitioner
Regulation Agency

Go to the

Australian Practitioner Regulation Agency.



Phone

0300 419 495



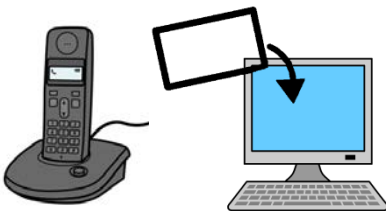
Website

www.ahpra.gov.au

or



Go to the Health Complaints Commissioner.



Phone 1300 582 113

Email hcc@hcc.vic.gov.au



Website www.hcc.vic.gov.au

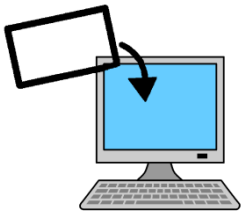


More information



Call 1800 00 11 34

or



Email contact@rcvmhs.vic.gov.au



<https://rcvmhs.vic.gov.au>

Images

We have used images from



- free-printable-calendar.com
- Mayer-Johnson



- Picto-Selector
- The Noun Project.



This information is based How to make a submission.

21 May 2019.

Access Easy English wrote the Easy English.

May 2019.