

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

Organisation Name

N/A

Name

Mr Ken Harrison

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

Teach kids respect in school and create advertising detailing that some forms of mental illness can be prevented by people thinking seriously about how they act and the consequences of their actions. Teach people what the word empathy means and to respect and be kind and considerate to all forms of life. At the moment the Victorian community is seen as a large group of bogans who would rather a fight than a feed or a laugh. People need a greater understanding that mental illnesses are not like a cold or a cough that can be shaken off. If people were calmer, more understanding and caring and considerate like our dogs, the world would be a better place. Imagine a world run by dogs who give unconditional love and are colour blind.

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 workcare advertising is a start followed up with education at school and work on how to be kind, considerate, nip bullying in the bud if you see it anywhere - we need a zero tolerance and educate people to believe shouting and screaming at someone is not a method of communication. Look at your dog and do what he's does - show unconditional love and respect and be kind and helpful.

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

Fix the family court and denigration and belittlement of fathers' roles in a family. They lose their kids, their partner, their home, their life and their income and left poverty stricken - you treat men like convicts and stick them in a form of solitary confinement which makes them feel bitter, angry and neglected. Unless you have bucket loads of money, you are ridiculed and treated like shit and get little access to your children. As soon as you are diagnosed with a mental illness, you should follow a well-worn path and be cared for like the disabled or sick and go into mental health institutes/hospitals.

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.

The GP is a good starting point but from then onwards it becomes a maze to get to see psychologists and psychiatrists. It's OK to do it over the phone for some relief but you need to spend some time face to face with a mental health consultant to be extremely effective as your friends and family have no idea what to do and what to say as the chemicals in your brain go awash and those bad and bitter memories drag you into the foetal position and keep raising their ugly head to their demons disappear hopefully?

What are the drivers behind some communities in Victoria experiencing poorer mental

health outcomes and what needs to be done to address this?

[REDACTED]
[REDACTED]
[REDACTED] doctors and mental health nurses should be brought in these communities to help them live a loving and caring community with high moral standards. [REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]

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

People with mental health issues should be treated by mental health hospitals - family members don't understand it as it not something you can see or observe. Teach the family members how to treat people with empathy and be kind and considerate.

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

Reopen mental health hospitals or care centres and train peers on the basics.

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?

Go back to basics and provide social work groups that work at a different pace and do menial tasks for government departments.

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?

Streamline the process so gps can direct patients to mental hospitals or clinics that are designed and appropriately staffed with experts in the field.at the moment it's a maze and the defence force needs to send all staff to help as soon as they have finished their active service.

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

Make sure plans are put in place for mental health clinics be staffed and trained.

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

The workcare system is a pathetic bully run by insurance companies to keep costs down.i was bullied and ridiculed and threatened with a lawsuit by workcare for telling the truth.even the lawyers tell you the system is corrupt and the police shouldn't be involved in dealing with sex victims.my colleague and I were suicidal depressed and suffering PTSD and we were getting ridiculed by investigators police workcare lawyers ex staff and the only people supporting you were medicos. [REDACTED]

[REDACTED].the whole system is a disgraceful and full of brain dead heartless [REDACTED] cavemen and women. The medicos are the only humans on earth the rest are just [REDACTED] cavemen and women.