

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

SUB. 0002.0028.0305

Name

Anonymous

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

"Earlier education & open conversations throughout all levels of our community. It has become much more acceptable to discuss, with me sharing with my 9&11 yr old niece/nephew that sometimes their auntie gets sad or anxious. Making it more the norm and safe to discuss. 10yrs ago, I wouldn't have discussed. Employers say they support mental health, but perhaps introducing mental health leave? My workplace has domestic violence leave policy, might this be an option for mental health? "

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?

"Having access to a GP mental health care plan is a great option making psychologists more financially accessible. However, this only provides 10 sessions at a reduced rate. When I was very ill, I was accessing a psychologist weekly to fortnightly. More than 10 sessions would help support individuals getting better & preventing relapses. "

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.

"Navigating medical professionals is a nightmare. Psychiatrists are incredibly expensive (even with a Medicare rebate,) & it's very difficult to know if you are seeing the right person. It's a frightening journey for the individual and their family & many GP don't seem to know good psychiatrists. There needs to be a better connection/network/link/professional body linking GPs to psychiatrists & psychologists so they can confidently refer and recommend. Private mental health care is incredibly expensive, making it hard for people to access & use to prevent relapses"

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

N/a

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

"Easier access to government support. Centrelink was a mind field to navigate with my carers. Difficult to understand. Different interpretations from different Centrelink employees, that can negatively impact your outcome. "

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

Better work life balance Better pay

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?

"Better job opportunities during recovery More outpatient programs Court ordered rehab & mental health care shouldn't be in the same location. I was trying to get better from depression & anxiety & access facilities, only to be lumped in with people court ordered to be there (drug/alcohol) to get clean."

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?

N/A

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

N/A

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

N/A