

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

Organisation Name

N/A

Name

Miss Sharyn Henry

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

N/A

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?

N/A

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.

"Mental health can be improved through diet but it is so difficult to find food that does not contain added sugars. Excessive consumption of sugar can cause mood swings, fatigue and disrupt the body from functioning properly which in turn affects the brain from thinking clearly. There needs to be a spotlight put on food manufacturers that add sugar to their products to increase their sales because it is an addictive substance that leads to health problems. "

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

"Possibly lack of knowledge of how nutrition affects health and state of mind. Poor food choices are more readily available and more affordable than healthy, nourishing food. "

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

N/A

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?

N/A

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?

"Stricter guidelines or laws for food manufacturers adding sugar to products and marketing towards children. There are over 70 different names for sugar that are used to disguise or trick consumers into buying their products and the more sugar we eat, the more likely we are to need health and/or mental health care in future. "

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

"Spread the message about nutrition and how it affects our mood, state of mind and health. Food is medicine but what we have available in abundance is not food. "

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

N/A