

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

## Organisation Name

N/A

## Name

Mr Robert Owen

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

"Change the rules that treat me like a drug dealing junkie, when all that is wrong is the need for medication to aid with my condition."

## 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?

Let the GP that has known me for 30+ years look after me rather than forcing me into the mental health system to be put under further stress by a shrink that has no idea of my condition.

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

No comment.

## 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.

N/A

## 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?

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 Victoria's mental health system should ideally look like, tell us what areas and reform ideas you would like the Royal Commission to prioritise for change?

Change the system for prescription of Alprazolam. Leave it to the GP who knows the patient best.

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

Weed out the people within the system that make up stupid rules to justify their position.

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

N/A