

Barbara Staehli

Your contribution

Should you wish to make a formal submission, please consider the questions below, noting that you do not have to respond to all of the questions, instead you may choose to respond to only some of them.

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

Better Standards of Education
Specifically in the areas of old age
+ mental care. Teaching Compassion.
+ love would go a long way
to improving conditions.

2. 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?

Community groups eg. Arts + Minds.
Creative Writing
go a small way to
those who can leave the home.
Home access for those who do not
do anything (and these are the
majority of mental health patients.)!

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

Difficult to find anything that is working
well.
Difficult for people to access
Service Lost in the crowd.
most are afraid to ask for
help.
Oh. Don't know who to turn to.

4. 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.

lack of support for those who are chronically unwell and unable to communicate because there is no one to reach out to.
E.G. G.P.S. don't do home visits.

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

and that's at a very basic level. Regional areas are even harder to access as emergencies happen. There is no help from District Nursing, Doctors & Carers, other help services.

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

Mental health patients hide + stay home sleep all day don't wash or eat properly and actually are afraid to ask for help. Must get more trained workers who will go to them.

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

Better Pay + Training for
mental health workforce
Needs a huge input into
outreach services.

8. 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?

Not many often left at
home to fend for themselves
until despair hits and they
give up.

9. 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?

Everywhere.

10. What can be done now to prepare for changes to Victoria's mental health system and support improvements to last?

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

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acknowledgement

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Yes No