

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

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Name

Anonymous

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

For people to volunteer and assist in facilities to better understand.

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?

"Listening to family members, or relatives who look after these people. Involuntary treatment when the person is unwell."

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

CATT Teams.

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.

Not enough services

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

Lack of service - More housing for mentally ill people as the majority of homeless on the streets have mental illness and substance abuse.

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

Give them a dedicated worker so they can contact when family member is unwell 24/7. Mental Health Support Line.

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?

There is nothing much out there and more labor based jobs need to be created.

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?

"We need to look at new modern state of the art institutions to house them. This includes being able to be contact via Skype, Facetime etc, anytime as well as cameras outside all rooms as well as facial recognition software where everything can be managed through control room. Increase the self worth of patients and increase safety. "

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

Review every 5-10 years.

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

Since the institutions were sold and not replaced we have seen a 10 fold increase in homelessness. This may mean patients are simply unable to look after oneself even if we provide housing and support services. We need all round care until one is better. Maybe a number of facilities that have different levels of illness and you move as you get better.