

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?

More funding in terms of advertising mental health services available. Explaining that people can live perfectly functional lives in spite of previously debilitating mental illnesses.

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?

"CATT facilities work well in appropriately triaging patients, hospital risk assessments on patients are generally apt and succinct - but I believe that emergency departments need to take crisis admissions more seriously when an individual presents with suicide (or otherwise harmful) ideation, as opposed to turning them away and enlisting them as having ""personality disorders""."

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

"Risk assessments and visual obs/follow up community services work well. Turning people away from ED in an acute crisis, when they present with dangerous ideations, is not ideal harm minimisation."

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.

"Stigma, access, negative experience of mental health services."

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

"Limited access. More funding must be provided, and more accessibility/education to what services are available. "

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

Education and support.

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

"Public knowledge that positions like this exist!! If I didn't learn of it through my work, then I'd never have otherwise known "

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?

"Provide education to workforces in order to de-stigmatise mental health conditions. Provide post-discharge support services which advocate to consumers to engage in social and economic activities. Because currently, this does not exist at all."

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?

"Provide more money to health care services so that they are a safe, hygienic, place for people to recover! Provide holistic services and therapeutic services to those who have gone through trauma. Enforce stricter models of safety for women in mental health facilities/post-discharge accommodation."

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

"For it to be taken seriously for once, and to follow through with the changes that it contends it will."

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

"More services for the mental health of mental health workers. EAP is NOT enough. Burn out is immense due to patient acuity. Patients need more advocacy and safe places to recover - not units where they feel unsafe, threatened for their safety, and that the facility has sub-standard hygiene conditions. I beg that you investigate these factors in all mental health facilities, because you will find that due to a lack of funding, these conditions are horrific and not optimum areas of safety and hygiene. "