

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

Organisation Name

N/A

Name

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

"man dated presence of MH sufferers on "normal " current affairs life style and sports TV radio broadcasting Specialist science focus showing the range of current knowledge treatments and management practise increased digital oversight training of psychiatrists post and pre doctorate physical health management plans in concert with MH management plans "

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?

Victorians these days are by and large tolerant of MH in community and there is some progress being made into employment options

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

"reasons for living aspects in Victorian society such as path ways to success, good health, social engagement opportunities and bullying counter measures and #meto inclusion in social discourse "

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.

"The way they are sourced through digital platforms including game design , also postal campaigns offering opportunities to engage ."

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

The economic drift to unemployment has led to more folk suffering poverty in comparison to the more fortunate and feeling useless because they are unable to contribute to the general social wheel

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

letters of enquiry about options available group morning teas in local community hubs like churches gyms pools and sports facilities

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

"re order the case load structure so that for each client or person with a mental illness there are four workers two working with person and the other two taking time off one exiting and one entering rest phase the other two on the job would be responding according to needs of person to

meet the given set of known criteria in the active partnership workers would ensure their partner was staying on task, when the roles shift say after three days a reflection of progress should take place and review each month, because of the patterns of mental health the focus of the work is refocusing, diet sleep patterns, activities, social interactions etc This will allow the workers to enjoy their life and come back in also they must be assured some job satisfaction and specialisation and training along the way these would be tested or run within normal community cohorts to provide citizenship credibility. The wages should be set at a level that attracts the most talented graduates from the tertiary sector and from overseas."

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?

Further access to cleaning and cooking services in house also laundry and general hygiene services per week

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?

a great deal more hospice and day programs and much more employment outcomes and volunteer opportunities across the community not just in hot spots that provide an equivalent effect to the American civil rights bussing initiatives

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

exponential growth and stability of employment in the sector

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

the solutions are to be found in GMI discourse and the gross national happiness index indicators