

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

Organisation Name

N/A

Name

Mrs sophie paterson

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

Open up discussion for youth mental health at schools so the kids feel that's okay to not feel so great.

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?

For youths - headspace is a good facility

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

N/A

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.

"There is a 2 month waiting list for a psychologist appointment at Headspace Hawthorn. If a youth has a problem, this is a bit long to wait to access help. "

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

Drugs and alcohol are a big issue in our society. I am a strong believer that we need mandatory rehabilitation programs before they end up in jail.

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?

"Need better programs for youths suffering depression and mental health issues for long term care, not just short hospital stays that don't solve anything. "

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?

"1. Mandatory rehabilitation 2. Long term programs for rehabilitation and mental health programs. They only options now are hospitals (short term), jail or expensive private programs. 3. More support for Headspace for better availability "

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

N/A

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

N/A