

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

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

Increase advertising through media - help with understanding symptoms of illness and encouraging people to talk about the way they are feeling without fear of judgement or discrimination

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?

definitely more needs to be done with the treatment of eating disorders. The out patient clinics are not equipped to treat severe anorexia in early adolescents and the hospitals are like revolving doors with the same patients being readmitted due to lack of treatment options outside the hospital.

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

"raising awareness via different media channels schools/workplaces/corporates need to practice what they preach with respect to health, wellbeing, bullying and flexible work places. "

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.

"bullying workplace demands, long hours lack of understanding of symptoms "

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 funding lack of knowledge, exposure "

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

single parents looking after kids with mental illness more resources available to assist - home visit supports

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

"greater level of funding, pay parity with other medical industries "

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?

n/a

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?

Treatment of Eating Disorders in Adolescence . More treatment options for outpatients need to be available - the current system is failing due to the lack of funding and a lot of teenagers and their families are suffering.

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

review of funding and treatment options

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

thank you for the opportunity to share my thoughts.