

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

SUB: 0002.0006.0100

## **Name**

Anonymous

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

N/A

**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?**

N/A

**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.**

N/A

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

N/A

**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?**

N/A

**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?**

N/A

**What can be done now to prepare for changes to Victoria's mental health system and**

## support improvements to last?

N/A

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

"█████ husband, █████ took his life just weeks ago. █████ had planned to attend the Royal Commission Community Consultation in Healesville, however was unable to, having recently broken her foot and dealing with the obvious stress of her loss. █████ wished for the Commission to hear █████ struggle with a complex mental health issue, within the current Victorian mental health system. █████ initial appointment with his General Practitioner was regarding his experience of extreme anxiety. Sleep medication was prescribed in this first instance and █████ took an overdose of this medication and was found unconscious. Six and a half years followed in which █████ lived with the highs and lows associated with mental ill health. Over this period, █████ attempted to take his own life on five different occasions. █████ and █████ had two children together. Two years ago, █████ and █████ took up separate residences, as █████ was concerned one of her children might fight him if he was to successfully take his life. Sharon and their children continued to be part of █████ life. █████ sister was his primary carer/next of kin/hospital liaison contact. Soon after █████ began living independently, █████ brother found him unconscious, following the request for a police welfare check. Ten weeks ago, █████ spent a week at his sisters home and during this time he became suicidal and was admitted to █████ whilst waiting for a bed in the Acute Psychiatric Unit. A plan was discussed with █████, his sister and hospital doctor, for █████ to go from the Psychiatric ward to the PARC (Prevention and Recovery Centre). After 2 nights in █████ there was no bed available, so it was suggested to █████ by hospital staff that he go to stay with his brother, who also has a diagnosis of Bipolar. █████ sister, who was listed as █████ liaison person was not given an update of this plan. The CATT team followed up via telephone and was due to visit him but did not. █████ hung himself 3 days later at this brothers home. His wife and the police discovered him following █████ request for a welfare check. █████ stated that she felt that they never received the support that █████ required to keep him safe and alive. █████ would like to recommend the setup of a Mental Health Wellbeing Centre, similar to the Olivia Newton John Cancer Treatment Centre. A safe place for a person to go to receive supported care and to recuperate in a conducive environment. "