

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

SUB.0002.0028.0468

Name

Mrs



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

" Extension of the advertising campaigns on TV, regarding how to speak to people perhaps showing different behavioural patterns. With mental illness, there doesn't appear to be any exterior or obvious changes to their physical condition, nothing to indicate the depth that a person is suffering an illness- eg broken limb, you see a sling, cast, -no bandaging of a knee, no limp etc."

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?

"The needs of the family members and carers are increasing as the causes of Mental health problems grow, eg drugs alcohol, dementia etc Also nowadays people/ families are suffering more pressure from stress, a hidden condition, rather than a physical one, manifesting itself differently in people especially behavioural reactions and lack of coping. Quite often its only those living with/ working alongside a person who notice or are victims of their altered behaviour. families/Carers have limited access to assistance from the medical Profession- being told that the person in question must they themselves ask for medical help. How can they, when their behavioural reactions don't allow them to believe they are ill, or their condition shrouds their their decision making processes? It appears that the Privacy Act and their rights, when a family try to get help for them, prevents assistance unless that person is in Custodial Care, surrendering their rights to their own care. -A major step for families to involve Police Presence, which is usually associated with breaking the law. Where is the protection for the family members' rights, especially when they more often than not now -pay the ultimate price- their life? Surely to avoid the option for a minority of family members committing a person to to Care for the wrong reasons -an advisory panel could

be set up consisting of Medical Specialists in the mental Health Area, Welfare Workers etc could be set up and authorised to assess the person in question, in their home/ place of residence prior to the situation becoming volatile- therein helping both parties the perpetrator of the behavioural disturbance/ violence in different degrees, and those being affected with severe mood swings, physical /verbal intimidation. The cost of these options surely would be less than the cost of loss of life, physical impairment, incarceration, judicial costs, and payments for victimisation. "

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 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?

N/A

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

"Suggest bringing the laws up to date with the times, empowering judges/magistrates More links for families to access help instead of via the police. Authorisations for special panels of appropriately skilled personnel to assess and provide testing for evidence of need of care."

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

"My sister ██████ lost her life at her husbands hands 3 years ago, after trying valiantly to seek help for her husband, only to be told her husband had to ask for it. she paid the ultimate price with her loss of life, and whilst her children were organising her Funeral they had to organise a Lawyer for their father. The ripple effect on all our extended families and rural communities was paramount. Just 4 weeks ago the sentence was finally handed down. The week after her murder, a man killed his wife and young family. Its time for change too much of this is happening. I look forward to your foresight and wise decisions yours faithfully ██████ "