

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

Organisation Name

N/A

Name

Miss Melissa Attard

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

Keep educating

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?

"In relation to getting treatment and support here in [REDACTED] we have [REDACTED] [REDACTED]. where drug affected people are put in the same residence as severely depressed people, self-harmers & people who have attempted suicide or feeling that way...this is no where ideal to have such a vast combination of people all together ...this [REDACTED] actually puts people off seeking help & can expose those already so vulnerable to even further trauma from other patients violent aggressive behaviour "

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

In [REDACTED] free counselling but lack of affordable rental housing is causing huge issues and homelessness as is the employment situation where recently a job advertised one guaranteed shift a week then expect people to be on call for holiday and sick leave...people feel hopeless and they don't see any changes to better [REDACTED]

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.

I think [REDACTED] is such a small place that most know each other and this stops them from seeking help

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

"As already mentally employment housing and continuous closure of businesses Councils to stop focusing on dog registration and parking fees , roundabouts and pedestrian crossings and to start looking at the real problems in town "

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?

"Individual sectors eg racing victoria, dairy workers unions etc really need to speak to employees privately to find out what really goes on...as everyone knows everyone people are too afraid to speak up of fear of being gossiped about and ridiculed"

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?

They need to provide different areas for those seeking help for specific needs

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

As already mentioned..dont have one facility where a young female self harmer is in with drug withdrawing aggressive males for one example

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

This needs to be actioned asap