

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

Organisation Name

International Education Association of Australia

Name

Ms Emily O'Callaghan

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

'tone from the top' government commit to improve mental health (already in first steps with commission) Involving community in solutions and strategies (again, shows importance for this commission and this call for submissions) Need for more investment in research into causes / at risk demographics / solutions Partnerships with community to offer services / screening programs Focus on minority groups and reaching out to those unlikely to seek intervention

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?

"A number of organisations are researching the topic, offering recommendations or services for prevention. Needs to be collaborative approach and investment. Gov role to lead."

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.

"Unfamiliar environments / changes to daily practices, pressures to succeed, living arrangements, employment."

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

"Demographic of population, stigma from community (shaming mental illness), lack of understanding/resources/preventative access "

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 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?

N/A

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

"Yes, this research digest into mental health and international students. Mental health and international students - issues, challenges and effective practice - Dr Helen Forbes Mewett
<https://www.ieaa.org.au/research/research-digests> "