

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

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

"Campaigns. Especially towards the mental health of everyone - men, older people, younger people, CEOs, hipsters, tradies etc - not just teenagers, please. It makes it demeaning to be told that you're just going through a childish 'mood swing'."

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?

"Headspace - I've been to it throughout the past few years and through access to my ten sessions with one particular psychologist, I've had a stable base to grow and accept my illness through - as well as being able to manage it. But please - safe, trustworthy and affordable services for ALL Victorians, regardless of how many sessions they've used, regardless of their age and income and background! Perhaps there could be a governmental incentive for more people to study psychology? Or perhaps just, simply, more funding into mental health. Please - look towards Jacinda Adern."

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

"Hotlines - eg lifeline, beyond blue and so on - but increased funding so that there are more people available to talk. And better hold music. The last thing you want to hear before you take your own life is the Blue Danube."

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.

"The society we live in atomises people and simply increases entitlement through capitalist, patriarchal, white-centric values. Let's not even talk about how much we've destroyed the environment; our only home, through the legislations and decisions of selfish, ignorant and greedy corporations and government. Also the media taking advantage of our immense capacity for fear and negativity and bias. I look at people who are 'mentally well' and really wonder just how they manage it, given how hard the world is to live in at the moment. Anyway - please please make mental"

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

"Economic disadvantage, racism - and more importantly - systemic racism, sexism, environmental anxiety - and the idiotic decisions of the right-wing government."

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

"Funded articles, advertisements etc around understanding mental illness. "

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

Funding!! Knowing the importance of what they are doing!

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?

1. Greater public awareness of what exactly mental illness is and how it can affect your entire life. Clear up the nonsense around it 'just being a bad day' or 'having a case of the nerves' etc. 2. Affordability of mental health services for everyone. Everyone.

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

1. Greater public awareness of what exactly mental illness is and how it can affect your entire life. Clear up the nonsense around it 'just being a bad day' or 'having a case of the nerves' etc. 2. Affordability of mental health services for everyone. Everyone.

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

Please - see how important this is.