

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

Organisation Name

N/A

Name

Clinical Associate Professor David Horgan

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

Awareness of the prevalence of anxiety and depression in otherwise very healthy Australians

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?

Using a drop in the ability to concentrate/remember when watching TV or reading to alert people to the possible development of anxiety and depression

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

"Encouraging mental health professionals and GPs to keep daily text contact with those at risk of suicide, and encouraging psychiatrists and GPs to use 2 antidepressants, equivalent to using 2 antibiotics in ICU."

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.

Stigma

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

I cannot comment

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 Victorias mental health system and support improvements to last?

N/A

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

N/A