

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

SUB: 0002.0001.0039

## **Name**

Anonymous

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

Normalise it.

## **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?**

To educate GP's to not gate keep referral to psychologists. I've made double appointments with GPs in the past and still not come away with a mental health care plan. My partner had 4 double appointments before the GP generated a mental health care plan. She could have killed herself in that time...

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

"If a person is suicidal, they have significant stressors and often complex problems. The needs of these people cannot adequately be met in the current 6-10 session model. Nor can all mental health issues be managed by one modality, such as CBT. "

## **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.**

"Education for GP's to have this on their radar. Not limiting the Medicare rebate to 6-10 sessions, especially for complex clients."

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

"Lack of hope for a bright future. Limited scope for education, employment and home ownership. Make education free again. Remove incentives for people to invest in property beyond their own home. Remove foreign home ownership for investment."

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

Emotional support. Access to counselling beyond the 6-10 session model.

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

"Pay them more. Increase their flexibility i.e. more control of their hours of work, where appropriate."

## **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?**

Reduction of stigma.

**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?**

"Easy access to psychologists, increase the number of rebated sessions rather than 6-10 per year. The evidence points to considerably more than 6-10 for many issues."

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

Increase the amount of medicare rebated sessions for psychologists

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

"Make our being taxed worth it, by putting money into mental health. 6-10 rebated sessions per year is simply inadequate."