

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

SUB. 0002.0027.0058

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

"Companies recognising that mental illness is serious and not try to sweep it under the table not treating workers with respect and understanding, empathy etc . Having more support as in hospitals with professionals to deal with mental health issues as there are only a few and there is a waiting list to get into a hospital for treatment. Insurance companies paying out the victims of serious mental health issues and stopping companies ignoring mental health issues."

## **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?**

Victoria only has a few recommended hospitals and they are fantastic five stars. Need more hospitals. To prevent mental illnesses issues at work management has to recognise it early when employees are suffering early intervention is the key . Companies taking short cuts to save money or to save face rather than getting on top of the problem early.

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

Early intervention better training for management understanding that mental health issues are important. Insurance companies not paying out legitimate claims causing financial hardship causes break down in marriages which inherently add s to suicide thoughts. Suicide for workers is a failure of understanding mental health issues and subsequently has a domino affect.

## **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.**

Getting the proper professional treatment is hard to find. There not much help out there. Government needs to invest more money in hospitals that deals with mental health issues. And obviously more training.

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

Not sure about community s.

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

More understanding more professional mental health practitioners. More facilities, more doctors

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

Pay the doctors what they deserve they work hard in a some times dangerous conditions. Invest

more money.

**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?**

None that I know of I have not seen or heard of any other types of help only in hospitals that deal with mental health issues

**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?**

Insurance claims to be recognised as if you have a family on top of mental health issues you have financial issues on top which causes family breakdowns etc etc . Companies stop hiding and be responsible.

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

More professional help and companies or employers not taking risks and cutting corners to save \$\$\$\$. Having more training prevention.

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

I hold insurance companies not paying out claims for a lot of suicides . I was in a mental health hospital with police officers and ambulance officers plus corrections officers all have major mental health issues and financial problems because of insurance companies not doing the right thing being dishonest and finding any excuses not to settle claims.