

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

Organisation Name

N/A

Name

Miss Sounita Behzadi

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

"People need to stop and listen carefully to those who are actually suffering with mental illness. It's not a joke and it's a serious problem going around for a lot of people, what most depressed people don't want to hear from other people is the fact that when they say they are sad to their friends or family member etc they just want them to listen and be there for them, what you DO NOT say to a depressed person or anyone with any mental health issue is 'don't be upset, be grateful because you have a better life than most people'. It's like telling a happy person 'don't be happy because someone else has it much better than you'. People seriously need to stop and actually pay a lot of attention to those who are down and actually listen and understand what they're going through. It's because most adults don't know how to handle a situation properly or talk to them properly hence why majority of the people with mental illness never speak up. "

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?

"What's already working well is the free government headspace clinic which a lot of people have been going to and is actually helping them and well other mental health workers as well who seem to be helping. To support people to get early treatment and support is by listening to them and understanding that they need help and sending them off to get the treatment they need with the right person, pushing someone to do so will never help. It should always come in smooth and slow & steady to make sure the patient doesn't get scared of what's going to come for them and that to really understand that support is really there and that they're going to really help them out! "

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

"What's working well is the websites that people can go onto and actually chat to mental health workers as if they're talking to a friend, so smooth and easy for those who do not want to talk on the phone or there is always the phone option too. What can be done better to prevent suicide is that more people need to be asking their loved ones, family members and friends 'are you okay sign'. I feel as though it is such a strong and important message for those who are struggling and just to hear the 'are you okay' message will really have them thinking that someone does actually care. More people need to be asking everyone in general how they're going in life, life can have its ups and downs but everyone needs to be supporting each other and lifting each other higher. The more people do this and actually talk to those who are in need and more of the 'are you okay' message, the more people will really feel as though people do actually care and the more people hopefully will open up to anyone about anything. "

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.

"It is different with everyone and how people work with their mental health experiences, all I can say is that people shouldn't have to feel embarrassed or upset or angry that they are needing help, its time people come to realisation that getting help and getting support is so so important and that they will need as much as support they can get to get through this. No one should ever have to feel like they should face things alone. There is always help "

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

Do not understand this question.

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

"Just to listen and support them. Listening to those in need is very important, just try to understand them and try to give them what they need and want with the way that their mental health is. Sometimes all they need is someone to hug them and tell them that their there for them, everyone is different but as long as more family memebers and carers are really looking out for their loved ones and really making sure their doing okay is all that matters, dont let your loved one slip, make sure their going ok every single day and checking up on them is important."

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

"What can better & support the mental health workforce is to do what they are doing, to make sure they have what they need to support those with mental illnesses , more people need to realise that majority of the population now are going through mental health issues and that the mental health workers need to do what they can to prevent anyone from harming themselves. "

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?

Not sure.

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?

"The dress that I would like the royal commission to prioritise for change is the western suburbs of Victoria. Areas like, Caroline springs, Taylors hill, sunshine, St. Albans, Taylors lakes, burnside heights etc. "

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

I am running out of ideas myself for what they can prepare but all I can say is whatever Victorias mental health system can get would be good enough and anything to improvise.

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

"Id just like to add that its not easy living with mental health issues, I myself have been going through it for the past 8 years and somehow I am still here alive and trying to continue my life when I want to die everyday.. I want people to know that there is hope out there, that they can get through whatever they are going through and that there is always light at the end of the tunnel. I

want people to know how strong they are and not to give up so easily because life can be hard but dont let yourselves go because times a rough. "

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22 April 2019 at 10:56 pm

I am a 21 year old woman who has been battling with 4 different type of mental illnesses since the age of 13. That's 8 years and that's also 8 years of wanting to die every single day and yet I am still here.

I have tried to end it, I have tried to do what I can to end the pain away but it doesn't go. I have just learnt to deal with it with getting the support that I need, I know that there is light at the end of the tunnel. I want people to know that they are strong enough, that they can battle through anything because they are a warrior. I want people to know that it's okay not to be okay, and it's okay to ask for help. Having mental health issues is a serious problem and also so so important to get support from those who are wanting to help. More people need to be there for their loved ones and more people need to actually start taking action and do as they say. Stop telling depressed people to stop being sad because others have it worse, that's like saying don't be happy because someone else has it



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people to stop being sad because others have it worse, that's like saying don't be happy because someone else has it better. Don't confuse the sick and be there for them and understand how to talk to them.

For me, for most of my life I have bottled things up and haven't said a word to anyone but that's because they didn't know how to be there for me or what to say to help.

Please understand that it's not easy going through this so people need to really be there for one another lifting each other up.

