

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

Organisation Name

N/A

Name

Ms Rhiannon Milroy

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

Have connection and support groups between people living with mental health issues and those that don't to better inform and educate the wider population

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?

"The public inpatient psychiatric service has helped in many ways, to help and support families to understand the needs of the illness. Also having access to a psychologist through the mental health care plan is a wonderful tool. "

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

Reducing the stigma and having conversations is helping but there needs to be more help for people who are experiencing suicidal thoughts and ideation. They need to be monitored through this stage until they are well enough to know that's not the answer to the problem.

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.

"I think differentiating between drug induced mental health and mental health is very important. More support and information of services provided from gp's, because from there the next step is hospital psychiatric units. Almost like a safe place/support house with different services available."

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

"Education, work and drugs "

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

As a family member/carer personally I didn't know where to start or what to do. I felt like I needed more from the gp but it was not serious when taken to hospital.

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

It would be a very hard industry as they are vulnerable and are at a high risk from patients who are unstable. Hard to say

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?

"It does lie with the individual but to have them out working, with structure and routine would be wonderful to give them hope and purpose"

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?

Suicide prevention More support and education on what to do to prevent suicide to the community

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

"This is already a step in the right direction, getting people to input and for the royal commission to understand how many people are affected by mental health. "

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

"A better system in place in the public health system for mental health, from experience I have had my [REDACTED] with bi polar in the IPU wards with younger drug induced mental health issues. I think differentiating between cases and providing different care and support rather than a broad focus would be beneficial. Alerts for when people google ways to commit suicide or block this kind of stuff from being researched "