

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

SUB. 0002.0028.0312

## Name

Anonymous

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

"To help people that ask for help, not to turn them away. A family member has voluntarily presented at [REDACTED] begging for help. Confessing they are mentally very unwell, that they feel like they will harm themselves or someone else. We as family members spoke to doctors in the [REDACTED] and expressed our concerns and the need for admission to take place. They ignored not only the patient but us as a family and discharged the patient. They discharged him without even notify the family he had left the hospital. He then went on to commit a crime in which we all knew was inevitable. We had spoken prior to the event with the mental health services at [REDACTED] and also we had contacted the police to inform them of our concerns and no one listened. He proceeded to follow through and stabbed an innocent person which has now resulted with him being detained in jail. Since jail he has been formally diagnosed with Autism. We feel so let down by the system who failed to help us."

### **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?**

At the moment it is all words and no action.

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

Admitting patients into facilities when they turn up to emergency departments asking for help.

### **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.**

Better access for people in crisis. Stop discharging patients from hospital until proper diagnosis is established and medications compliance and improvements are evident.

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

Drugs and alcohol and dysfunctional families.

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

Emergency contact and help available. ongoing communication and better care and treatment plans.

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

more people employed in mental health facilities to meet the patient demand

**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?**

Rehabilitation centres.

**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?**

Areas of reform need to better pt centred care empower pts and family to autonomy and empower them to lead and be involved in treatment decisions and recovery.

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

better support for family caring for a loved one with mental illness

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

"I personally feel that drug testing at festivals is going to make the drug situation in society worse. It sends a message to young people that drugs are now just a normal part of life. We should be saying no to drugs, and not making drugs the normal. The kids at these festivals are being given the go ahead to have drugs when we test them and tell them ok its safe to have them. The family that these kids come home to are not equipped to deal with teenagers that are coming down from the drugs. Coming down from MDMA can be terrible, it is a mood altering drug that can produce paranoia, anxiety, emotional instability, aggression and many more symptoms for days following taking the drugs. What support is going to be put in place for family dealing with out of control teenagers following festivals in which they are basically encouraged to participate in drug taking? As adults we have a responsibility to protect children and educate them of the harmful effects of drug taking, not test the drugs and so its OK to take these ones."