

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

SUB: 0002.0001.0042

Name

Anonymous

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

"Still a huge stigma., discrimination of living with a mental illness. Education from early school years would be a good idea. "

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 know what is available. I still find out about new services I didn't know existed. There needs to be a one stop shop that has all the information about services you might need. Ndis if you aren't eligible there is NOTHING else.

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

Education. More education.

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.

Supportive workplaces which I do not have.

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

"Not talked about., high unemployment. A loss of hope."

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

"Be supported. Have some practical help, if you go to hospital, practical help would be good for those at home. Financial help if low income."

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

More support for them in the workplace. Paid a decent wage.

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?

"In [REDACTED] the activities you can engage in are often demeaning, of no real use or things I have no interest in. Exercise is a huge help. Free or cheap yoga, meditation. Once you start it all

adds up."

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?

"Separate facilities for men and women, don't put a patient in the men's wing when you are at your most vulnerable. The public hospitals are ghastly."

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

Make the psych wards a better place to stay. Have activities. Better staff with better training. Some of them are awful.

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

"Having stayed in about 8 different psych wards over the last 25 years, both public and private, vast improvements need to be made in the public system. Obvious to see no money spent there. There is nothing to do when you are in there, so all you think about is how next time, it won't go that far. You'll end it before then. You worry about your job, money, how you'll cope. How your partner will cope and what's this doing to your daughter."