

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

Organisation Name

N/A

Name

Miss Casey-Lee Budge

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

"We need more promoting, more awareness. Not enough people know the true depth of mental health and how common it is in us. It could range from a 1 to a 10, a 1 being someone looking at you in a weird way while you're at the shops and you just shrug it off, a 10 being you leave your trolley in the aisle and go home and do not leave the house for days contemplating your life. That's how easily triggered people living with mental health are. If we were all on the same page, there would be more support and we would all be more cautious with each other."

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?

"Honestly, I get 10 free psychologist appointments per year. It's recommended that for my condition I need at least one appointment per week. That's 42 appointments that aren't funded per year. I have no income and can't get an income with my condition, how am I supposed to get better? There's a government funded program that has been proven to help people like me, it's called DBT and treats borderline personality disorders. I have been on a waiting list for years now, I have to keep waiting otherwise I have to pay \$300 per session per week, who can afford that? There's not much hope for me and/or my family - they also need resources to be able to cope with me and handle me."

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

"I think having the CAT team is great, I have called them before myself and it's really helpful. But that's only if the person contemplating suicide is willing to make a phone call while in that state. With more resources, more funding, and more support, it will prevent suicide rapidly."

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.

Who do you really call? If you have mental health? I don't actually know. I only know now but it took me years to find out what I have and who to see to help me deal with it. There's no direct help.

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

"I'm not sure, but the DBT program I've been waiting on only accepts 2 people per 3 months. Out of the hundreds of people applying for this program, it's pretty low of a chance of getting in. "

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

"On call help. In home help. Funded help. None of us want to be like this or deal with this, why put financial hardship on top of the situation?"

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

N/A

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?

N/A

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?

"More funded programs, more availability. "

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

N/A

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

"I can't express enough how important this is.. you won't really understand unless you have mental health or know someone with mental health. But my life consists of not knowing if I want to be alive or not every single day. We need help, people like me need help before it's too late. It's a death sentence."