

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

SUB.0002.0028.0426

Name

Mrs

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

The Incidence of anxiety & depression in all socioeconomic groups is very high. The solution is awareness not Fear. This can only be done by Education Programs from primary school on into the workplace. Prevention is better than cure.

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?

There is minimal support. It is not funded adequately. The private sector does not deal with severely ill people. The government sector cannot cope. Costs to the public are enormous, creating even more stress. Psychiatrists charge so much per session. The reality is that it isn't working well.

What can be done? STOP THE STRESS. Where are we going as a community? WE have been fed a lie & look at the result. Families now are so much in debt. There is little time for Life. Health & education & the nurturing of our children should be our priority.

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

It's not working well. We lost our Daughter [REDACTED] on Sunday afternoon [REDACTED] 2016 to suicide. She had been a [REDACTED] Lawyer & was about to turn 34 years of age. At that time you could not transfer your private health cover to full without a waiting period. She had been discharged from the Government sector prior to Xmas. She really should have had longer in hospital care post 11 treatments of ECT. [REDACTED] had Never had suicidal thoughts before. She did not want to die. The thoughts frightened her. [REDACTED] had too much on her plate. Better care would help. We had wanted to bring [REDACTED] home but she had started mental health care in another area so it was an issue at the time. Mental health should be on the same par as physical health.

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.

"Life itself, Expectations, Inhumanity to man including bullying. Poor nurturing you can go on. We have to change. We have to live differently. We have to change our priorities away from worship of the Dollar. Schools should be well funded to support the child. Programs for youth to help them deal with life. Health care should be easily available to all. The Gp is usually where mental health care is instigated. We should have a High standard of Mental health care."

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

"Lack of funding. What needs to be done? Where does one start? There are so few beds. Families are left in desperation and I mean desperation even when your beloved child is self harming & having thoughts of [REDACTED]. When mentally they are not who

they are When they are full of fear. In our [REDACTED]'s Honour Things Must Change She should still be with us. [REDACTED] could not have tried any harder She had the most incredible brain & determination She worked as a lawyer for firms such as [REDACTED] as an [REDACTED] lawyer Even got 2 positions whilst she was very ill with panel interviews The Coroner wondered why a girl like [REDACTED] would Hang herself We as parents cannot find out the out come of the coroners case Because she had a long term partner who really was part of her enormous pressures It is not just some areas it,s ALL AREAS are experiencing poor outcomes"

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

Inclusion In management

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

We need Plenty of well trained passionate staff Under staffing Lack of Facilities Leads good people to LEAVE

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?

To be treated Well with HUMANITY Its not hard But it costs money to provide GOOD Care We can spend millions on anzac celebrations My Father suffered from post traumatic stress from the 2nd world war They where hospitalised in those days

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?

Mental illness is so enormous & really we only have a band aide for it Community housing Mental health hospitals If we can have eye & ear & Cancer facilities for specialised care. The Scottish nurse who helped take [REDACTED] to Hospital to the only bed available in Melbourne said he could not believe the number of people with mental health issues living on the streets They do not have that in Scotland They have a population of 5 million

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

Money Medicare Realise how important Good mental health is to us all

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

Yes Our whole family has been devastated by Our [REDACTED]'s death Her sister is an only child & Has LOST her BEST FRIEND My husband still cries each morning over 3 years later He found his precious girl Hanging [REDACTED]

[REDACTED] If [REDACTED] had got the good care earlier If Psychiatrist s were not at least 280 & a visit If she was hospitalised for a longer period of convalescence or rehabilitation as you would after a major illness or accident We cannot bring her back But we can Fight for the fact she should have had better care So no other parent has to experience this Loss Psychiatrist visits are close to 300\$ per visit WHY IS THAT SO WHY ARE WE SO MUCH Like America in the Mental health area of health