

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

## Organisation Name

N/A

## Name

Mr Warwick Knight

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

N/A

## 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?

Mindfulness Grounding Activities in the community. Friendship person to person core group.

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

Support minimum self esteem and improving quality of life options.

## 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.

Groups social and small to middle Some fun safe bigger group events Church Environ social recreational Love and support in safe context.

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

Inclusion Acceptance Care and compassion

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

Make a friend Make a friendship Join in community Contribute to and know worth Be supported and uphold /support others .

## 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 Victoria's mental health system should ideally look like, tell us what areas and reform ideas you would like the Royal Commission to prioritise for change?

N/A

**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?**

N/A