

Alexandra Lederman

Your contribution

Should you wish to make a formal submission, please consider the questions below, noting that you do not have to respond to all of the questions, instead you may choose to respond to only some of them.

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

- more public talks and events for communities to share experience and learn from others.
- online platforms for awareness of available resources and services.
- visitation by members of government to organisations in order to learn about programs and ways of working

2. 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?

- organisation HUB at EDV to help link clients to services
- organisations allowing an open dialogue between staff, clients and government as to what works and what doesn't.

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

- Suicide prevention program at EDV (SAFE TALK) ✓
- Information mline for accessible ways to talk about Suicide and access help - more of this.
- more Wellness-focused programs with lived-experience mentors such as EDV mentor program. Helping people through authentic, non-judgmental, understanding ways.

4. 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.

→ Social media causing people to feel pressure to be happy and succeed all the time
 → people feeling like self care and self love is a luxury and self indulgent.

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

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

Psycho-social support
 → Fear, Anger, uncertainty, worry, sadness (understand families/carers mental/emotional health)
 → Physical support: transport, service accessibility - funding.
 → support programs for families to connect
 → support information for families to understand the illness/disability.

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

- Supervision sessions
- Personal development sessions
- Emotional support and check-in.
- Staff involvement in organisation policy and structure.

8. 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?

9. 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?

- > Equality / non-hierarchical approach to treatment
- > feedback and input from people experiencing mental illness.

10. What can be done now to prepare for changes to Victoria's mental health system and support improvements to last?

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

Privacy acknowledgement

I understand that the Royal Commission works with the assistance of its advisers and service providers. I agree that personal information about me and provided by me will be handled as described on the Privacy Page.

Yes No