

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

Organisation Name

N/A

Name

mr greg laugher

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

"Psychiatrists should be held accountable for their actions. 1. To ensure that the rights of the patient are upheld. 2. To ensure that no one un-needed treatment orders are in place 3. So that anti psychotic drugs are correctly used, instead of just being handed out 4. No one is held captive 5. To ensure no prejudice "

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?

I'm not sure..

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

I guess the message about mental health has improved so the awareness is better from people in general

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.

"Most ""professionals"" dont live with mental health issues and actually have no clue on what it's like to take an anti depressant or anti psychotic drug. They don't listen to the patient or family/ carer. They cant fathom that someone without a PhD knows more about mental health issues than them. And when proven wrong they lie and cover there tracks"

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

Prejudice especially when drug use is mentioned. Two way communication and actually factoring what the patient and their support are saying.

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

An easy way of becoming a nominated person. Actual support and a written action plan that has accountabilities and responsibilities

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

Better wages to retain good mental health workers and promotion of dealing with the problem through counselling and alike services and that drugs are the last resort

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?

I think it's kind of promoted but at the end of the day nothing much is done and is still looked unfavorably by employers

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?

"It would be more transparent, professionals are held accountable, laws that stop MH professionals having stakes in pharma. More counselling services that are effective and get to the root cause of the problem and drug use looked at as a health issue not a criminal one. Diet and exercise based treatment plans"

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

Disciplinary action for MH professionals and legislation changed with an Acton plan on place with the findings of this commission adhered to

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

Just the story of the 7 weeks █████ had to endure last Christmas but the story is to long to write i'd love to be contacted and be able to tell it