

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

Organisation Name

N/A

Name

Ms Robyn Hegwein

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

"The awareness is there, just not the service!"

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 are too many agencies in the systems to be effective. It needs to be a one service in place to be effective, in which means there would be more money available to supply the service that is needed!"

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

"It's not working well because all the agencies are overloaded. There's too many departments which is lost in the system, it's too complicated and you get passed from pillar to post for nil outcome!"

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.

"Everyone seems to have their hands tied. It's needs to be a governing body. By reducing all these departments into one, possibly there would be more services and money available!"

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

"There are lots of drivers only none are effective enough.. When you contact departments it's the same old excuse, snowed under, not enough places available. It just keeps sending you around 7n circles. To the point of frustration, where you just throw your hands up."

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

What can be done for families is give the affected person the treatment that is required. Immediately not the waiting lists for that service..

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

"These workers are not supported at all, too much red tape. No support from the hierarchy. They always know best, there needs to be a panel of informed people, to be able find quick solutions for situations. Effective action required. Not the buck passing that goes on!!!"

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?

"From what I have witnessed not much, due to the demand of services."

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?

"Bring all departments under one umbrella. Headed by people who are in the field. ie Doctor's, specialists, not just studied non experienced people who have not experienced any of pitfalls of life, as a alcoholic, drug addict etc."

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

Listen to the people and families that are affected by living with the affected. Counselling is not 9-5 It's 24/7. Weekends and during early hours are the worse times for the affected person and families.

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

"Fix it and now, I have noticed advertising te depression, i called this service for depression, only the person affected had an alcohol problem! Oh no we couldn't include that person due to the alcoholism, what comes first, the depression, then the alcohol, or the alcohol, then the depression??? These people are just being seen to be doing something for More funding, when they are not really Doing anything!!"