

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

SUB. 0002.0001.0055

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

"Further implementation into mainstream education, including how to access services"

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?

"More funding is desperately needed to go towards the Medicare mental health plan, 6-10 sessions in a year is simply not enough for most people, this should really be doubled. Far, far too many people are priced out of psychology services, and this makes it hard to seek them too begin with. People should also be made more aware that they are eligible for a rebate in the first place. "

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

The above answer applies. People are being forced into desperate situations by the current system.

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.

"Poor working conditions, life stress, low pay, systematic discrimination, relaxed attitudes in popular discourse towards sexism, transphobia, racism, misogyny "

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

"Neglect, lack of social welfare. Increase Newstart, engage more with communities at risk about what THEY think they need. "

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

N/A

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?

More programs to penalise discrimination in the workplace. Accountability.

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?

Funding for a greater number of Medicare-rebated psychology sessions

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

Commit the funding.

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

"Please, please add more sessions to the Medicare mental health plan. "