

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

Organisation Name

N/A

Name

Dr Stephanie Lee

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?

N/A

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

██████████ a copy our paper, Differences by Age and Sex in Adolescent Suicide, which was published in the Australian and New Zealand Journal of Public Health in February 2019. Data was collected from the Victorian Suicide Register, which contains information on suicides reported to the Coroners Court of Victoria. The objective of this study was to compare demographic and psychosocial characteristics of completed suicide between younger and older adolescents, and by sex. The study found that suicide in younger adolescents and females appear to share characteristics and differ from older and male adolescents. Negative interpersonal relationships and previous self-harm with possible co-existing mental illness appear to be key differentiating features. Understanding completed suicide is an important step towards prevention, and the results of our study suggests a need for developmentally and sex-specific suicide prevention strategies. "

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.

N/A

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

N/A

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?

N/A

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?

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