

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

## Organisation Name

N/A

## Name

MR Nathan Becker

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

"Far better outreach support for men, including increasing the current Mental Health Plan provided by Gp's from 10 sessions with a psychologist to 20 a year and increasing the medicare bulk billing for psychiatrists to 4 sessions a year."

## 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?

"raising awareness about Male suicide rates, and how DV, false allegations, the Family Court System impacts this."

## 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.

removing the stigma against males

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

low expectation from demographics

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

better home based support and education

## 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?

better home based support and education

## 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?

"MALE SUICIDE PREVENTION, CAUSED BY DV, FALSE ALLEGATIONS, AND THE FAMILY COURT SYSTEM"

**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