

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

Organisation Name

N/A

Name

Ms Lydia Wilson

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?

The fact that a mental health care plan is charged at a higher rate than a standard 30 minute doctor's appointment is a barrier to getting help prior to things really starting to fall apart.

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

"I'm not suicidal, I have not accessed these services."

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.

"Limited access to bulk billing psychologists and large waitlists for those that do bulk bill. Currently pending a psychiatrist, 3-4 waiting period, and stress about the gap fee I will need to pay. Adding financial pressure to getting help at a time when working becomes more difficult. I got a mental health care plan in April, I went on Sertraline at the end of May, after a month I went back to the doctor with serious side effects. My first Psychologist appointment was at the end of June, by this point my mental health had taken a dramatic turn for the worse and my mental health care plan was out of date regarding what I was experiencing"

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

"Stigma around taking sick leave for mental health days, having to pretend that you are Physically sick rather than being able to be honest about the requirement for a day off for mental reasons. A Mental health day is considered in the work place as a CBF day (can't be f*cked)"

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?

"Mental health Service co-payments, When you have needed to reduce your workplace activity in order to cope with mental health you have less access to the finances required to get it back on track."

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