

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

Organisation Name

N/A

Name

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

"Making therapy cheaper/in-expensive. I am currently unemployed due to my mental illness' and workplaces not having an understanding on mental health. I was diagnosed at 15/16 with depression, anxiety and EDNOS (Eating Disorder Not Otherwise Specified), and last year diagnosed with BPD (Borderline Personality Disorder). I'm unable to get the therapy I need due to it being impossible to afford even with centerlink."

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?

Currently only on medication to help. Schools need a better system with mental illness. My school did nothing when I was being bullied and only proceeded to attempt to do something when a student took their own life. It shouldn't take a suicide to light a spark. All workplaces should hold a training and/or services. Everyone needs to learn about mental health. I have a lot of family members who don't believe in it and tell me to grow up.

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

"It's hard to prevent suicide. I know of someone who called for a welfare check on her dead, the police didn't attend until my friend called again and made it urgent, the police turned up to find her mother had committed suicide. "

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.

Living a day to day life is hard. There are struggles. My current struggle is trying to control my illness rather than it controlling me. I can't go to therapy as the public system is shocking. If I could afford private health insurance it would be so much easier. They need to make the public system just as easy and just as accessible.

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?

Needs would include proper education. Having a 2 day course on mental illness.

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

Need more people that understand and have been through mental health issues. Nothing worse than talking to someone who just has a degree on mental health. I like talking to people who have also been through it

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?

I havent had any opportunities personally other than being admitted to a psych ward. There needs to be more social events. Camps (?) Trips. Get togethers.

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?

The price and accessibility. Making sure everyone is educated on mental illness.

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

Price. I understand private clinics have a better pay. But there are so many people that cant afford therapy and/or medication.

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

"I have been going through hell and back fighting with myself. Everyday i think im not worth it, that im not going to have a future. My boyfriend is not coping with my mental health either. Please. Help me."