

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

SUB.0002.0023.0107

Name

[REDACTED]

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

"Need to get psychiatrists to stop prescribing drugs based on previous psychiatric opinions. In my lifetime I have had bipolar, borderline personality disorder and now finally a psychologist has said I have complex-ptsd. Finally I am alive and working again and found my passion. I believe it has been passed down through the generations. Psychiatrists and psychologists need to work together in the same building. Experienced psychiatrists only those that have demonstrated enough knowledge to give people drugs. Also linkages to support groups. "

## **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?**

"Psychiatrists, GPs and psychologists frickin working together.

[REDACTED]

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

Support groups on them group with referral from GP.

## **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.**

GP needs to link to social groups and not prescribe antidepressants until seen psychologist.

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

People have lost cognitive ability after prolonged stress. They simply want to give up. Need to promote people that can help you.

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

Case managers not case workers. Complex issues need to be resolved in a short time period. We struggle with banging our head on the wall with the complex government departments and understanding who does what.

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

Sport. Kids love sport. Get them when they are in the system and coach them to be better people and to feel belong. Sport is the vehicle to identify those at risk.

## **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?**

Funding for sport for disadvantaged kids.

**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?**

Social enterprise that I am proposing.

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

Referrals from GP to psychologists before prescribing drugs. It is a bandaid.

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

Please contact me. I am really passionate about this and want to tell me story.