

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

SUB: 0002.0025.0042

Name

[REDACTED]

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

To understand a certain stigmatized mental health issue (Paedophilia) that creates inaction and plagues our planet and to be aware of research and affective medication that needs to be developed. [REDACTED]

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?

"I think the necessary infrastructure exists, it's just the stigma causing inaction. At the moment young teens who are coming to terms with being attracted to younger children are falling through the cracks and experience stigma and mental illness because of their feelings and are probably more likely to abuse children. Educators, guardians, kids help line, life line, GP's should be part of providing access of help. Young teens could be made aware of the symptoms of paedophilia. Kids help line and life line could be a great 1st line of help known to teens because it's anonymous help, people are too afraid to get help for paedophilia."

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

"From my experience if you want to commit suicide you're not going to talk to someone that will try to talk you out of it, but that's my experience. Apart from this I think we have good measures/help to prevent 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.

As above. The stigma and fear associated to paedophilic urges makes it hard to get help and the help available isn't as advanced as other areas of mental health.

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

"No effective drugs developed world wide. Access to the right mental health professionals and lack of them, maybe Skype etc could reduce having to commute long distances during work hours, example in my mind it's not good work ethic to take a day off work once a week to travel to the city."

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

Family members/carers could benefit from knowing the warning signs (if they exist) and know how

to approach someone and direct them to help.

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

"Maybe internal mental health assessments, group sessions for staff. Dr John Lipton talks of psych k and been able to quickly change life long sub conscious belief's. Dr Lipton says people can read self help books know all about the book and not be better of 95% of the time because they are only using the book consciously 5% of the time. YouTube: 20 things that maybe making you secretly unhappy."

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?

"Loneliness is a big problem and if people have had run ins with the justice system and the newspaper makes it public knowledge it can be very hard to socialise and participate in the community depending on what they have been exposed for plus criminal records might prevent them from community involvement, they may be loners anyway maybe because no one understands their problems and they cant be honest but still these additional barriers of been exposed can't be helpful."

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?

"A global charge for effective treatment/drug development for paedophilia, however Victoria can help is a question I feel I cannot answer as good as relevant experts."

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

"Not avoiding the most degenerating mental health issues, not avoiding the stigma rising ones because I'm concerned they may have created flaws in the understanding of mental health especially if people are not talking about deep dark secrets to health professionals."

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

"I've come to view advances with the treatment of paedophilia in 3 main areas; research, treatment and social interventions."