

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

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Name

[REDACTED]

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

"It can affect anybody no matter your religion, your social status or your age"

**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?**

There are plenty of supports for those who seek help but if the person affected does not think they need help then there is very little their family or loved ones can do to help them regardless if they are threatening suicide or acting in a way that they could cause harm to themselves or others

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

Advertising campaigns eg. Are u ok? Education that is focussed on talking to someone who is thinking about 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.**

"There are plenty of links on the internet to access support if someone is experiencing poor mental health. There is very little access for inpatient facilities for mental health.... the responsibility is left with family and friends which is a huge burden. The waiting times to access a mental health appointment is 6 weeks or more in my experience, and this is way too long when faced with a crisis. "

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

Easy access to drugs in the community. Difficulty in finding a job and if unemployed there is very little to stop boredom. People who are unemployed need to have a purpose to get up every morning and feel good about themselves.

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

"To feel that it is not a waste of time calling police etc if someone is experiencing a critical mental health event. When my family member was threatening suicide I called the police as advised by the mental health service. When the police arrived my family member was assessed over the phone by a mental health worker and he was deemed ok. 2 weeks later we had another crisis situation of family violence with deadly weapons involved. The police were called, he was taken by ambulance to the hospital for a mental health assessment but was discharged 1 hour later.. very disheartening."

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

Im not sure.

**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?**

If someone is violent due to drug use they should be involuntarily kept in custody whether in a psych unit or police lock up and made to dry out from the drugs. There are way too many drug affected people in our community committing crimes that could have been prevented

**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