

Nicholos Jelbart

Your contribution

Should you wish to make a formal submission, please consider the questions below, noting that you do not have to respond to all of the questions, instead you may choose to respond to only some of them.

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

There are many people living with mental illness in the community. All people are aware that there are people with illness in their community, they see this, they realize this, its obvious. But people are not phased and may even feel for people with illness, but tend to keep to themselves and they are happy.

2. 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?

Some people detected with mental illness from a young age - even from their late teens that have been institutionalized will feel a comfort and a sense of freedom when connecting with others free to act how they want. But when you see re-admissions to Psyke Woods where the patient admitted feels a sense of relief or relaxation, usually is an implication that there is being stress at home, and usually this is due to the communication between the parents and the adolescent - no matter what class of people they are.

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

I once tried to take my life at the age of 19, I had no one that would understand my stresses and my relationships with my father, who was constantly trying to feed me medication. Due to the difficulty of our communication. It was later known, and obvious to my family that I was not the one with the problem, but the one who was under all the stress.

4. 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.

Its all about education for people whos brains have decided to malfunction, Not on what illness is, but why conserptionall destenbances will not serve a part in society, and to conserntrait on what skills they do have so that they can find meaning in their life.

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

Each Community is comfortable and functional in their own way. The only misfortune is of which community you reside. For example - people living in a slum will do it harder than those in a classy neighbourhood.

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

To educate the carers that people around them can be effected by their own disfunctionabilities, that can opuse stress on another and lead to illness.

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

I think there are ample services for people with mental illness, including support groups, peer-workers, activity and adventure organisations.

8. 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?

There are many TAFE courses that people can involve themselves in, which have assistance methods for people with mental illness. Having credentials can lead to jobs, which can give someone a sense of worth in the community.

9. Thinking about what Victoria's mental health system should ideally look like, tell us what areas and reform ideas you would like the Royal Commission to prioritise for change?

There are already ample services and privileges to make life easier for those who struggle.

10. What can be done now to prepare for changes to Victoria's mental health system and support improvements to last?

Not to cut funding to organisations that provide interaction with others like themselves. For example - recreation arts and therapy and adventure programs and also community volunteering for horticulture and gardening programs.

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

I experienced mental illness at a young age of 17 through stress - no one to talk to, no one to understand. Some people clearly have mental illness. It's obvious when you see them or speak to them. Others that have mental illness may be hard to identify but have self control issues, which is why I highly advise that anyone with "mental illness" that may be in denial, regularly see a psychologist to vent their feelings but not made out for an illness. Meditation has been a proven way to deal with the symptoms of mental illness, but I also think that one on one training would help one to see past their disturbed differences to concentrate on what is real and what traits are deep in society.

Psychology sessions to determine the severity of the illness, identification of the delusions can assist a psychologist to what dreams or desires the patient indicates, should show what sort of feelings one is trying to escape or compensate for.

Then relate all assessments back to the patient's domain to cross examine, and identify the root of the problem.

But some people are so stubborn and egotistic that they won't want such implications to come back onto them -

There in lays our problem! I myself - committed on offence in 2002, but was more linked to stress rather than drugs or alcohol. Again I had no one to talk to, or understand my situation. People need someone on their side!

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acknowledgement

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Yes No