

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

Organisation Name

GLOBAL YOUTH MENTAL HEALTH AWARENESS LIMITED

Name

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

"Encourage conversations and sharing stories around mental health issues and experiences
Planning activities such as ad campaigns, short films etc to raise awareness and encourage young people to seek help Investing in trainings/ programs that encourage mental health and wellbeing so that young people feel they have a purpose and can turn their struggles and challenges into something substantial they can then use to support others Promoting depression and anxiety in accurate and positive ways by the media and focusing on people with lived experience Cultural and behavioural perspective to mental health are changed across population groups through stigma and discrimination reduction interventions Tackling inaccurate stereotypes about mental health through educational programs "

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 many organizations such as beyond blue, mind, headspace that offer support for mental health issues What can be done better to prevent mental illness is the following: Organize events such as sporting events, picnics, health and wellness workshops that include topics such as self-care, nutrition, triggers, dealing with past trauma, self-confidence, cultural awareness. This would enable young people to feel heard and supported Ensure that other social issues that young people face are also been addressed such as unemployment, homelessness, abuse, violence, addiction. Once this is tackled chances are it can prevent mental illness and can be a pathway for the young person to seek help Destigmatising the need for mental health support especially in CALD communities "

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

"There are ongoing mental health campaigns Speech presentation at school will be great to encourage young people to know where to get help and that it is ok to seek help if struggling with mental health issues Peer support mentoring programs that can assist young people paired with other young people to get support For suicide prevention, the system should clearly recognize the warning signs and provides easy access for help and services to those at high risk of suicide. Establish a national system for the collection, coordination and timely delivery of demographic-specific information on the incidence of suicide and suicidal behaviour. Ideally, this system should have an additional focus on collecting data on psychological distress and wellbeing, to enable focused and timely preventive actions to be implemented Removing the stigma associated with suicide Knowledge of the resources available for people who are suicidal Learning the warning signs of suicide ideation advocating for appropriate programs and funding at the local, state, and national level raising awareness through community action and supporting fundraising efforts Decreasing stigma about mental illness "

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.

"Nutrition plays a factor in poor mental health, also exclusion, discrimination, loneliness, stress, unemployment and homelessness can contribute to poor mental health. The treatment costs might prove too expensive for some people to get treatment seeing a counsellor, psychologist or psychiatrist Empower from school age about mental health Some of the drivers behind poor mental health outcomes in some Victorian communities are societal behaviours and attitudes to mental health; mistrust of the system especially by ethnic and racial minorities; poverty; unemployment; stigmatisation and shame; poor health literacy levels; language barriers These factors can be addressed by educational programs that is targeted at changing ingrained societal behaviours and attitudes to mental health; destigmatising mental health issues through distributing factual information about the subject; communicating services in ways that are culturally appropriate; use of a workforce that is that is culturally reflect to reflect community as that will draw some trust into the system. "

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

"Stigma still exists within some communities such as the African communities. There is need to set initiatives where mental health and cultural awareness programs can be combined to enable people shift their mentality and get help that works for them "

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

"Families and carers need to feel better supported from the community and the government by involving support workers as much as possible in family outings to provide support and guidance for the person with disability where other children are involved Helping carers feel less shamed about caring for themselves by educating on the needs and benefits for selfcare "

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

"Cultural and individual diversity awareness to the community, schools and workplaces. Bullying is also something important in the context of stigma and depression in workplaces and schools. Consider some special education for sensitive and marginalized groups. Better pay structure Regular support and debrief for peer support workers Better services for peer support workers to support their own mental health in order to prevent burnout "

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?

"Community training programs exists within the Victorian community to improve social and economic participation. Awareness needs to be created. Social media, bulletin boards, dedicated websites that allow individuals to be linked to the appropriate services. There are opportunities to access employment for people in the Victorian community living with mental health, however, to fully realise these, there must be: Reduction to systemic barriers to these opportunities such as check box approach to eligibility for access to opportunities "

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?

"Look more into how a system can be developed for better suicide prevention strategies based on cultural and social context Self-love and self-worth workshops for youth. Educating parents and family about effective trust-based interpersonal relationships with their teenagers. "

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

"Empowerment sessions for youth in Victoria, to help them change the programmed beliefs and change their position from victim to empowered and self-master person. There are some programs like NLP, psychotherapy, hypnotherapy that can help the youth to gradually replace the old patterns of victimhood and helplessness with self-empowering beliefs. "

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

"Organised retreat programs including workshops, group activity, mindfulness and meditations Emotional awareness training, normalising and encouraging vulnerability through one on one and group therapy sessions. Educating the community and family to increase awareness and appreciating vulnerability. "