

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

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N/A

Name

Anonymous

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

early education to normalize mental health issues. children sometimes suffer undiagnosed mental illnesses themselves however they go unnoticed and untreated because they have no label to put on it.

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?

more services. I currently live in the township of Whittlesea who has suffered great trauma as a result of black Saturday and there are no support systems in place now. [REDACTED] has a psychologist but unless you are in urgent need there is a 3-month waiting list because services are not provided in surrounding areas either.

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

outreach programs and check-ins. more services being available to those in danger. people think because it has been 10 years that the trauma has ended however this is untrue. we have suffered prolonged traumatic experience things like royal commission and lawsuits prevented many of us from managing our issues and that can be overwhelming and disempowering

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.

currently (as far as I know) there is the [REDACTED] who have a psychologist who is in high demand and her waiting list is growing. I have explored other counseling options and have found none for low-income earners in the local township and considering surrounding towns also rely on the township's services there is a concerning lack of resources for people who are trying to manage their mental health issues

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

"income to cover costs of treatment is a big issue here unless you want to and are able to spend hundreds of dollars an hour for ""equine therapy"" you are left isolated and alone. the amount of services provided also is a HUGE issue with waiting lists for those who are in need now they may not be able to wait and it could further damage their mental state. isolation other communities come to the township of Whittlesea for the services available and when there's not enough to even cover the township population it has a ripple effect on smaller townships further out."

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

mental health services must be increased as they can't even cover the current needs of the local community. I have searched for a counselor and have been left disappointed as I can not afford to pay the hourly rate. again. more services are required and it's urgent people are suffering

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

I have no idea. maybe supporting the workers and finding ways for better debriefing and encourage more conversation to ensure they are in a good place while working so hard to assist others

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?

better education of mental illness. it's not contagious nor does it mean someone can not do what they set their mind to however the general opinion on these things is to suck it up and stop carrying on which is impossible for those who suffer mental health issues and further isolated them

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?

"more. more professional workers, more services for low incomes for those who struggle, more education and understanding we need this now there has already been suicides in our community we need to address these ongoing issues now"

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?

our community is in tatters. we have suffered and have long term trauma as a result of others doing their jobs while we all understand this was necessary it has also had the effect of stagnating everyone into a constant state of waiting for the next dip in the road. we need help and we need it now people are struggling to hold their relationships and their minds together and everyone is on edge because of this.