

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

## Organisation Name

N/A

## Name

Mrs Louise Gill

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

"Public health system needs serious upgrades. I have BPD and clinical depression, so therefore cannot access public mental health treatment as they only accept bipolar or schizophrenia. I was really wanting to end my life and called the [REDACTED] CAT team and he refused to take me as he said ""I have the wrong disease and to read a book"". I have quite a few run ins with [REDACTED] and they are very inadequate and not empathetic for people with mental health issues. When nurses do their training, if not already done so, a mental health subject needs to be added so they can understand a person when they access the emergency department."

### **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?**

"Emergency departments need to be better equipped with knowledge of mental illnesses. Training needs to be ongoing and so health professionals understand a person's illness. I have a friend who's husband needs help and because he cannot access public health services he is left untreated. Also mental health is still taboo and has a stigma attached, it needs to be brought out in the open a lot more. Psychiatrist and psychologists need to bulk bill. I cannot access a psychiatrist as I cannot afford one. "

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

"More awareness, more education on this especially with males. "

### **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.**

"Public hospitals only offer treatment and help to certain mental illnesses, it should be every illness treated. Cost is a huge factor when seeing psychologist, psychiatrist etc. "

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

N/A

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

More support groups for carers and family members to help understand a loved ones illness

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

Ongoing training. As there is a burn out rate with mental health workers some support for these

people as well

**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?**

Costs for services. Better education for workers. Treatment for all illnesses in public hospitals.

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

Education More awareness in the community

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

N/A