

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

SUB: 0002.0025.0109

Name

Anonymous

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

The government and media not making people suffering from mental illness out to be dodgy bludgers would be a great start.

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?

"The system has failed me so I can't really give it any praise. Making the treatment options easier to find and access would be a start. I've been turned away by doctors because they don't know me. It takes a lot of work for me to come out and ask for help, and after I get up the courage to do so, being turned away and told I need to build a relationship with the Doctor first is really disheartening. It's left me to just live with my suicidal thoughts because it feels like I can't get the help I tried to ask for."

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

Nothing is working well. Providing better access to therapy and medications would be nice. Removing the stigma from getting help from Centrelink because you want to kill yourself would also be swell.

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.

If you suffer from extreme anxiety and a fear of human interaction then experiencing good mental health is difficult. I don't know how to experience good mental health and no doctor will tell me how.

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

"The government has made it clear people suffering from mental health are a nuisance... I don't know, maybe don't treat people like garbage?"

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

"I don't get this question, I'm too stupid."

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

"I don't know, I get bullied at work so I can't answer this."

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 none that I'm aware of.

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?

Access to proper free therapy. I have no support and can barely work so I can't afford therapy. Help out the people that can't afford to help themselves.

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

"I don't know, I'm an idiot."

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

I highly doubt it would make a difference. I feel like this is just for show. I don't even know why I'm filling this in.