

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

## Organisation Name

N/A

## Name

Mr Justin coloe

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

This royal commission will be the best thing that will happen for mental health it will open up a lot of truths about mental health that the public don't know about.

## 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?

Mental health has come a long way in 20 years when I was first battling depression. I think the government doesn't do enough with youth suicide in itself which is a major concern for me personally.

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

More ads on TV and radio and more funding from the government too help curb loss of lives too suicide.

## 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.

More open and honest conversations about your mental health with mates especially males and everyone in general which was my biggest downfall and I suffered my health suffered terribly.

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

A lack of funding

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

Better infrastructure more programs needed these people deserve the best support they need.

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

Always checking on your workmates always ask hey mate are you ok. A statement like that helps them go a long way too getting themselves right

## 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?

Counselling and it's a wonderful thing saved my life.

**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?**

Not enough campaigns with advertising the government has too get it out their and have a look what's really going on especially in rural areas where i grew up.

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

Just got too keep at it with everything like most illnesses it doesn't go away more counselling and conversations.

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

Yes the government has too look what too fix this national problem if you ask me they just sweep it under the carpet i only see this royal commission a step in the right direction with mental health.

Let's turn a negative situation into a positive situation.