

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

## Organisation Name

N/A

## Name

Mrs Robyn Moore

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

Greater range of services that are very visible to the community and accessible early in the occurrence of mental illness in a preventative role. More employment opportunities and education of employers about mental health.

## 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?

"Not much is working well from the experience of family members in regional Victoria. My [REDACTED] was promised a referral to Headspace 6 months ago after having 3 psych appointments cancelled at the last minute. Still waiting. My [REDACTED] psychiatrist ""disappeared"" allegedly taking all medical records over 2 years ago. Still no replacement service. Just getting a doctor appointment for medication can take up to 2 weeks because of lack of doctors. Travel time to the nearest regional centre for closest services available can be up to 2.5 hours. Not good enough."

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

There is lots of publicity but if services are not close by all the publicity in the world is useless.

## 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.

Lack of services close by. Cost to access them including fee for service, distance that some people need to travel. Waiting times to get an appointment. This applies to GPs in some regional areas. Canceled appointments by the practitioner can mean even further delays.

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

Distance from major regional centres. Practitioners reluctant to go to remote areas to set up practice. Poor coordination of services. Not enough early intervention available in a timely manner. Don't know what the solution is.

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

In my own family there are multiple physical, medical and psych needs and very limited accessible services on an immediate needs basis. Lack of coordination of services.

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

I dont know

**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?**

Very few that i can see.

**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?**

Better youth services and drug and alcohol services in regional and remote areas. Reliable practioners who show up for appointments. Better coorfinatoon with employers and employment support services.

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

Dont know

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

Our youth in particular need better and more timely support as do the families of these kids before they spiral into vety bad places.