

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

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## Name

Anonymous

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

"Educate work managers about mental illness and provide paid work to a suitable manager to every individual living with mental illness regardless from where they came from. Every rejection can affect those with mental illness differently it could potentially lead them to killing themselves. There should be physical evidence that each work manager is giving an opportunity to every individual to work. You can't give someone a whole new universe and not give them physical directions, not everyone understands and can learn if they come from a non-English speaking background. People that come from a non-English speaking background should be given help and actual people helpers to provide them education on English as well as teaching them about laws and getting evidence of them obeying by the laws through video camera "

### **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?**

"Include everyone that is obeying the laws, ensure every individual has help if they need it and if they reject help then do something to monitor them to ensure they are following the law, make ensuring every individual is working. "

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

"Include everyone in everything, ensure nobody gets left behind even if things look ok with them and/or those that look happy"

### **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.**

"Those around them that don't understand and haven't been through it, improve this by providing teaching and education to everyone about mental health in every schools and at work and ensuring there are grades given to this "

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

"They should all be checked out to see what they are doing to individuals of mental illness then there should be teaching of how to better help those with mental illness and if they don't listen then simply fire them from that industry, if they can't do the job then they shouldn't be there, find them a helper that can direct them to the direction they are good at "

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

"There should be a video camera in every household to see what's happening and who is saying

what, there should be a must of going to parenting counselling if there is abuse of any sort. The laws here are freedom to everyone as well as their kids, and we need to make sure the parents are giving their kids freedom and aren't abusing them and sabotaging their life. "

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

"They need physical support and help, I don't know what else will. You cant give them pamphlets and attraction and expect them to listen, they are all different. "

**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?**

"To provide an environment where people are going through similar issues, and ensure their every day surrounding understands and aren't abusing 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?**

"Provide education and teaching everywhere in VIC, and ensuring everyone gets help ASAP "

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

Look at the previous questions answered

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

N/A