



Royal Commission into Victoria's Mental Health System

Final Report Recommendations

The Royal Commission says the
Victorian Government should...

This is a report about mental health and mental illness.
Thinking about these things can make people feel upset.

If you are upset or distressed by anything you see, read
or hear when you are looking at this report you should talk to
someone you trust.



 Lifeline

o call:

Lifeline

13 11 14



Beyond Blue

1300 224 636

Mental health is about what you think and how you feel

Almost 1 out of every 5 people who live in Victoria will have a mental illness every year.

The way the Victorian Government helps people with a mental illness is called the mental health system.

Victoria's mental health system has not been able to help people who need good care and support



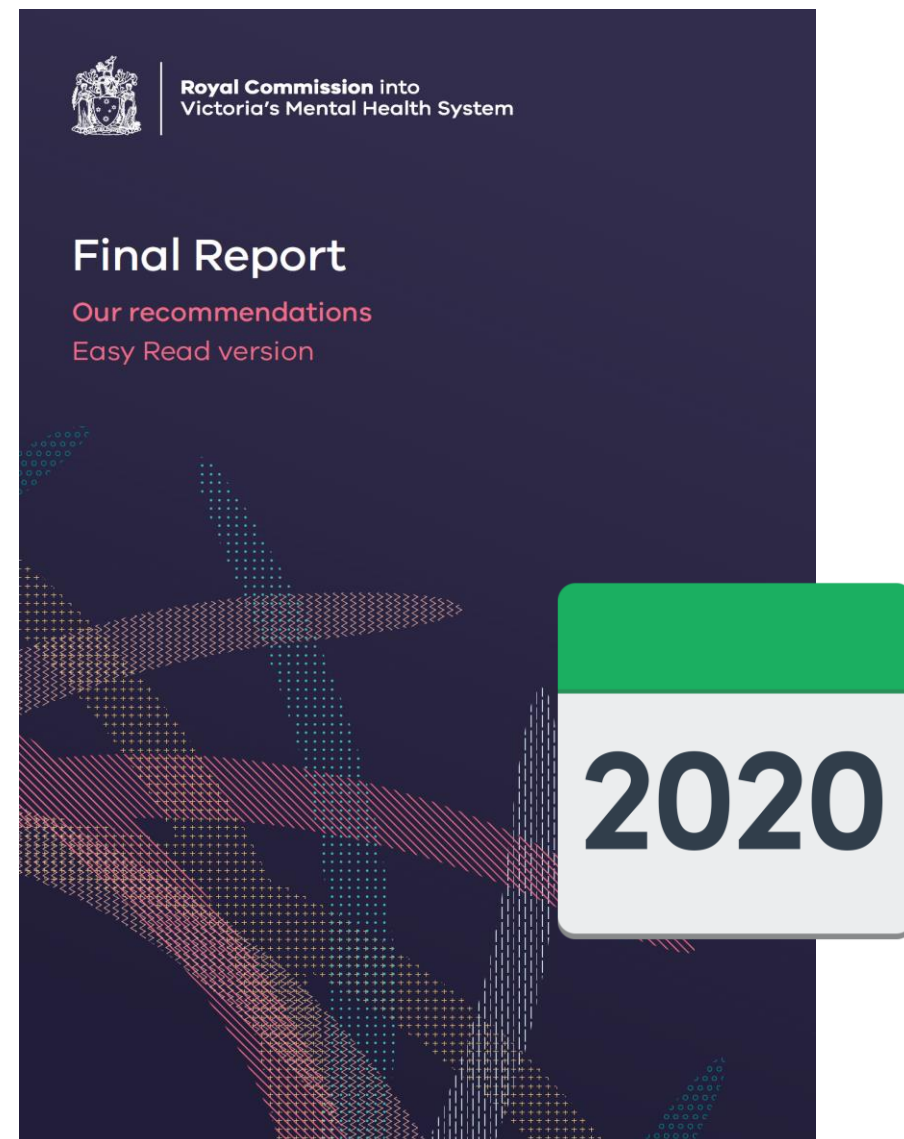
In 2019 the Victorian Government started a Royal Commission into Victoria's mental health system.

A Royal Commission is a way for the Government to look into a big problem. It helps Government work out what is wrong and what they need to do to fix it.

The Government wanted the Royal Commission into the mental health system because the system was not working the way it should.



In October 2020, The Royal Commission made its final report which had 65 recommendations (what needs to happen) to make Victoria's mental health system better.



The Royal Commission said:

The Victorian Government should set up a mental health and wellbeing system where people can get services:

- when they need them
- near where they live
- close to their families, carers, supporters and networks.



The Royal Commission said:

The Victorian Government should make a Mental Health and Wellbeing Outcomes Framework.

This framework would tell the government the best way to support people with mental illness.

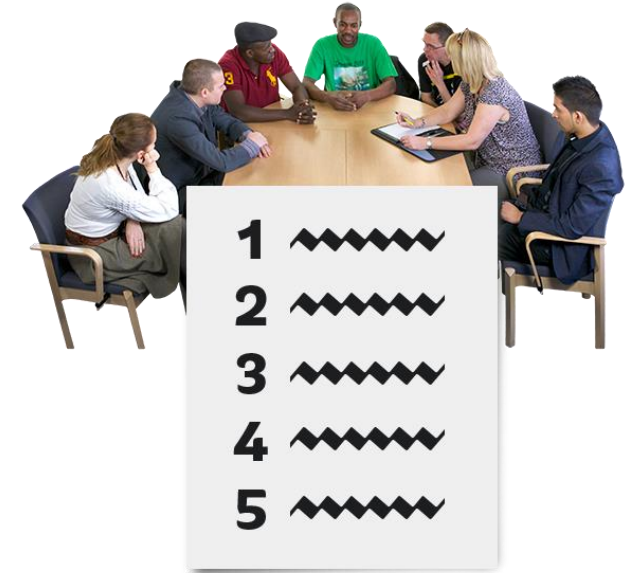


The Royal Commission said:

The government should make a new group called the Mental Health and Wellbeing Promotion Office.

This office should:

- talk to people in the community about mental health and make sure all people in Victoria can get the mental health support they need.
- make sure that people with mental illness have their rights respected, are treated fairly and equally, and are supported to stay well.



The Royal Commission said:

To change the old Victorian Mental Health Act, 2014 to a new Act called the Mental Health and Wellbeing Act.

The new Act will make sure:

- there are different services available
- people in charge know what to do
- everyone can use the mental health system when they need to
- services are checked to make sure they do a good job
- not as many people are made to have treatment without their consent



The Royal Commission said:

To set up a new Mental Health and Wellbeing Commission to make sure:

- the mental health system works well
- the mental health system is safe
- people with mental health needs can speak up about changing the mental health system.



**Mental Health and
Wellbeing Commission**

The Royal Commission said:

The mental health system must have a good leader.

The leader will be called the Chief Officer for Mental Health and Wellbeing.

Their job will be to make sure:

- the Victorian Government makes all the Royal Commission's recommendations happen
- people with lived experience of mental illness can be leaders.



The Royal Commission said:

To make a mental health system that:

- works well with other services
- acts fast
- helps people get the support they need in their own community
- has services to meet the needs of people of all ages in Victoria.



The Royal Commission said:

To set up 8 groups across Victoria to work with people with mental illness who live in these areas.

Service providers in these areas should work well with each other.

These services should be for everyone and they should be available:

- 24 hours a day
- 7 days a week



The Royal Commission said:

Mental health services should be available to all people in Victoria and they should support the different needs of:

- Babies and children
- Teenagers and young people under the age of 26
- Adults, families and older people



The Royal Commission said:

Sometimes people with mental illness need to stay in a hospital this is called a bed-based service.

The government should look at bed-based services to see what works well or needs to be better.

The government should:

- find new ways to give bed-based services, like in someone's home
- Keep checking how many bed-based services are available.
- make sure services give short-term and long-term care.



The Royal Commission said:

The Government should make sure services can support people having a mental health crisis.

A mental health crisis is when a person's mental health might make them:

- very upset
- hurt themselves or others
- not able to take care of themselves
- not able to be part of their community.



The Royal Commission said:

The Victorian Government should make sure people having a mental health crisis can get support:

- anytime they need it
- fast

Services should check on the person after they get support to find out how they are doing.

The Victorian Government should also make sure emergency services can support people having a mental health crisis.



The Royal Commission said:

The Government should make sure people having a mental health crisis get support from the right emergency services.

Mental Health emergency calls (000) should go to Ambulance Victoria first.

When the police are supporting Paramedics, the Paramedics should be in charge of the situation.

Mental health workers should support emergency services if they can.



The Royal Commission said:

The Victorian Government should have safe places all over Victoria:

- to support people having a mental health crisis
- to help people who want to hurt themselves.



People who experience violence because of their gender should be safe when using mental health services.

The Royal Commission said:

The Victorian Government should set up a new service to support people who have experienced trauma.

Trauma is something bad that happens to you that can make you feel:

- sad
- scared
- stressed
- worried.



On the next two pages we are going to talk about when people don't want to live anymore.

Talking about this can make people feel upset and that is okay.

Remember if you are upset by anything you read or hear you should talk to someone you trust.



You can also call:



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VALID

The Royal Commission said:

The Victorian Government should give better care and support to people who don't want to live anymore because of their mental illness, like:

- teaching mental health workers to give better support
- businesses to set up programs for workers
- supporting Aboriginal and Torres Strait Islander peoples to do training that meets their needs.



The Royal Commission said:

The Victorian Government should give better care and support to people who don't want to live anymore because of their mental illness, like supporting:

- people who know someone who ended their own life
- LGBTQIA+ people who have tried to end their own life



The Royal Commission said:

The Victorian Government should support people with mental health needs to stand up for their rights and make sure:

- people with mental health needs get support without discrimination (being treated different from other people)
- laws for the mental health system help people make their own decisions



The Royal Commission said:

The Victorian Government should support people with mental health needs to stand up for their rights and make sure:

- people get legal help when they are made to have treatment
- people who are made to have treatment will get an advocate unless they do not want one.



The Royal Commission said:

The Victorian Government should provide mental health supports that meet the needs of Aboriginal and Torres Strait Islander peoples.



The Victorian Government should make sure mental health services meet the needs of people from different cultures.



The Royal Commission said:

The Victorian Government should provide better support to people with mental health needs who:

- are in the criminal justice system, like prison
- could end up in the criminal justice system.



The Royal Commission said:

The Victorian Government should make sure mental health providers offer services, like telehealth or phone appointments.

The Victorian Government should support mental health providers to learn how to use and offer more of these services

The Victorian Government should support mental health providers to let people use mobile data and things like smartphones or tablets.



The Victorian Government said they will do all the things (recommendations) the Royal Commission says need to happen to make things better for all Victorians who have a mental illness.



If you want to read the final report you can find it at

<https://finalreport.rcvmhs.vic.gov.au/download-report/>

There is an easy read report too

