

I am a patient who was described by a significant part of Health as not worth saving, that I should end my life, and I am a burden on the system due to having complex mental health needs due to trauma. My psychiatrist had to go to parliament to gain a management plan that aligned with basic trauma informed principles and to give equal and adequate care. Prior to having trauma informed care it has been calculated by project air that i've had over 500 admissions, prior to receiving trauma informed care i was self harming daily if not more, prior to trauma informed care I had no quality of life, was not a contributing member of society and did not want to exist. When and while only receiving services through NSW health my mental health was at an all time low. The constant rhetoric of negativity meant I engaged in unhealthy relationships as I did not know what I deserved, did not prioritize myself as I was constantly told to be a burden by the system, and truly believed there was no hope. Trauma informed care started initially without my knowledge. Not having anyone who would listen, validate and empathize with the trauma I had faced created a jail in my head, so i sought a private psychologist even though I was not in the financial position to do so. Trauma informed care started slowly and has been interrupted at times due to agencies and individuals wanting financial gain, having a lack of trauma informed education, negative and harmful treatment models, etc. But due to trauma informed care that is done by a multidisciplinary team through private and NDIS supports i now have gained paid employment, i run a small for purpose business, have a leadership role on a large sexual violence charity that enabled me to be nominated for young achiever of the year, and I am also now an advocate using my pain for purpose.

Trauma informed care models should be prioritized and be the ideal model of care. I personally have been privileged enough to have access to adequate and trauma informed private and NDIS supports but realistically this is not the case for everyone. Anyone who accesses public health services especially those who that is their primary mental health provider should have the privilege of receiving trauma informed supports, they should have the privilege if they report horrific and violent behaviour that is perpetrated by staff within health to a fair and just accountability model, trauma informed care should be an expectation and mandatory for every health provider.

When public health services do not hold their staff accountable it exacerbates the consumers mental health struggles and exacerbates trauma, for myself personally it has made my self harm and suicidality worse which is the case for many. Exacerbating people's trauma then exacerbates behaviours, by providing trauma informed care it links to a simple but tangible solution to helping those who may be having trouble regulating. By providing trauma informed care you are providing a safe care environment where they can access help and when they are released are not left with any additional trauma. When the system does not protect patients and allows staff to speak, act and prescribe dangerously this is also exacerbating trauma that could have been avoided if a trauma informed care model was used.

People are not burdens and this constant belief told by the system needs to change because it leads to exacerbating someone's mental struggles, which exacerbates mental health conditions.