

J Frydenberg

From: Josephine Reid

Submission to the Social and Economic Benefits of Improving Mental Health.

I read the paper and I can see the purpose of it. I do see the lost social connectedness and productivity associated with mental illness.

This is obviously a very important issue for the government and society.

It does concern me that even with the large amounts of money spent in the past, that the problem is only increasing. It would appear that the current methods of treatment are not effective.

Per your statistics on page 19 it appears that 80% of the population is either well or at risk and not currently ill. And 25% is affected in some way by mental illness, in varying degrees.

I do feel that early intervention could direct the attention of all people – children and adults, not effected at this time – on to the fact that they may have mental illness. This may suggest that they have it and may even bring it on through misunderstanding or suggestion itself. The large majority of people do not have mental illness.

We should promote that 80% of people are well and contributing to the society. We should always give credit to those who are contributing.

It does not appear that school intervention has done more than put more and more children onto medication and this is not a solution to mental illness.

We need to look at successful ways to include people in community, sport, culture and spiritual endeavours. This, and not medication, are the only long term solutions.

Best regards,

Josephine Reid