

## SUBMISSION TO THE PRODUCTIVITY COMMISSIONS CURRENT ENQUIRY – INTO MENTAL HEALTH ACROSS AUSTRALIA

### Personal Experience Perspective

- Often young people develop mental health crises because they have been (unintended) victims of crime in their earlier childhood – and not every party responsible for their upbringing is necessarily willing to engage about that – due to their own involvement in those crimes – and their intent or will to threaten anybody who tries to bring them to the surface – this causes massive ill will within nuclear family relationships – and it indicates evidence of bullying and victimisation – that not only occurs in childhood but continues on throughout the life spectrum
- Addressing these issues by enforcing extreme medications on the victim or victims – does little to alleviate the stress signals.
- Overall medications tend to dull a person's perceptive abilities and reactions to change. They cause harm because they give an illusion of – the problems been dealt with – when in fact – dulling a person's intuitive reactions – renders them less safe because they are less able to react responsibly to protect themselves from further harms.
- Often these medication regimes last for the period of a person's lifespan. This means they are subjected to dangerous and toxic chemical compositions that weaken their resistance to infection, weaken their immune systems, damage their internal organ network, ie blood vessels leading to the heart et al. This gives rise to premature health issues throughout the lifespan and aging processes – from the time they start taking these drugs until they stop or, which is far worse, die prematurely of unnecessary and life threatening conditions – and nearly always caused by the very drugs they have been consuming and that have been forced on them – for a life span...? Is a punitive approach to healing and medicine and not a cathartic or therapeutic approach!
- In saying this, it is becoming very clear – that many medicos are in favour of this punitive approach – and do not come to medicine or tackle their patients' problems with the intent to heal. As such professionals in the field need to be arduously categorised – so the wrong professionals do not re-inflict themselves on innocent victims desiring a pathway or strategy – towards freedom and wellness.
- The anti-psychotic medications have an issue in themselves – because they nearly all pertain to necessary restrictions – on movement, on thought, on participating in the workforce, and on destructive processes to all human health – their victim/consumers advised to take them for life – or else – see themselves as part and parcel of the history of their problem – that they are

being punished for having this set of nightmarish problems – and that the problems they have raised which are upsetting them and harming them within their own family networks – have been completely shelved and/or ignored – in favour of this punitive medication regimen. In order to deal with such issues, a form of investigative team is needed – to regulate the normal affairs being conducted within families – and to tackle and address these domestic issues – young people are presenting with – and go on presenting with – right throughout their life spans – because they cannot obtain the protections they need in order to fulfill their own hidden talents and destinies – given the innate bullying and threats that continue from above them – and unabated over time. Indeed if anything – the fulminators or culprits get more innovative the more they can get away with – and the harms they cause get more and more frequent – over a life span – and worse and worse.

- As a result sufferers at the end of their working lives – continue to suffer from these self-same inner perspectives – and without feeling very brave about saying it – once past work – the victim/sufferer then becomes categorised as a dementia sufferer – without any need to review any of the causes – because they have become a fate accompli. And the person is shoved into a nursing home – for what maybe a further nightmarish quagmire – at the end of their aged spectrum. The situation has not changed. The symptoms have not changed. The intolerance to artificial substances such as toxic drugs has not changed. But what has simply changed is the way the medical fraternity – or the powers that be – choose to recategorize or re-diagnose pre-existing illness into a newer and far worse and more demeaning category – from which there is no escaping.
- Furthermore – the cost of these ranges of anti-psychotic and toxic medications ranges from roughly \$100-\$250 per month per person, making a veritable mint for the Pharmaceutical giants (anywhere and everywhere) but costing us – the Australian Taxpayer – too much – in terms of lost health opportunities in addition to \$costs.
- In addition – ongoing toxic medicating causes addictive qualities in the consumer – and barriers and hurdles they are unable to deal with – ever – because they are so disempowering and indicative of a will to power and dominance over the vulnerable by more unscrupulous professional bodies or personalities.
- All too often – in the past – those who have gravitated to careers in the helping services and/or professions – such as psychiatric nurses and/or clinical psychologists – are either suffering from massive overdoses of the same problems themselves – and don't know what to do about those problems either.
- Or – they choose that kind of career – because it is hidden from the public's purview, obscured by jargonism, pretty much unregulated and almost anything goes – even to the point of justifying malpractices such as mob

physical assaults on chosen targets (without their consent or any-body else's consent and legitimised by official jargonese that establishes them with the bona fides to continue their practices – and get handsomely rewarded for doing it – while their victim target becomes ever more isolated eschewing professional care – because unable to differentiate between who is genuine and who is fraud or intent to cause harm, and virtually unemployable and becomes totally dependent on any one person who does provide elements of legitimate care – an excellent recipe for disaster – but not a wholesome one where recovery is required – and /or possible – when positive intentions receive positive responses – overall – and during a lifetime of efforts on all's parts.

- Too often, the nurturing parent becomes the unofficial carer – no extra pay for these often onerous and life extending duties – way beyond the normal realms of parenting should – ie way beyond the earlier stages of reaching being an adult. Our Mother continues in her caring role – when we are all closer to 70 than 30 or 40 and she is closer to 90. Unofficial carers burdensome – that just goes on and on and on. Because there has never been any formal way of tackling inter familial crimes and violence of a hidden or undisclosed nature. This is not pointing bones at anyone nor finger pointing when people try to cooperate and assist – but it is wishing that crimes could be addressed at their source and not let to fester – for an indeterminate time including the whole of a lifespan – without ever being addressed – and to this day – by any sod or official personages. Too often these perpetrators of early childhood abuses are empowered by their own power over lesser mortals – and get even more ambitious about the ways they tackle what they perceive as rejections – whether it be fair or otherwise. They lie, obscure or belittle their harms they have caused or are continuing to cause.

The Family Law Court is no way to tackle such issues as this, for they do nothing to resolve family breakdowns, often awarding custody of vulnerable young family members to an abusive parent – who is better able to lie obscurantise or otherwise cover up for their crimes while becoming ever more vociferous and blaming the other party for what they themselves were responsible for. In other words, transferring the cause of their crimes onto the other parent and never taking any form of responsibility for what effects their behaviour has adversely had on their young people – supposedly in their care. All too often the Judges of the Family Law Court have similar personalities to the abusive parties and give rope to the criminal element in lieu of fair dealings.

When people are pushed into artificial social scenarios – such as nuclear marriages – or defacto arrangements – just to meet their minimal social

requirements – regardless of if they're gay, or otherwise – it means that two disparate persons are arbitrarily forced into sharing arrangements that may not be suitable to either. Nuclear marriage should be a thing of the past, but necessarily isn't. Because it is hard to meet Mr Right within your child-bearing time – or Mrs Right either. So there is vague justification for pursuing the traditional way – even though it is not best for all, and produces a significant proportion of mentally ill Australians.

We all go into it with expectations, but society misleads everyone into believing it is all okay and the status quo will satisfy everybody. The truth about Psychiatry is similar. They are highly paid, elite professionals giving the impression they produce results and/or have the right quotient of answers – when that is also an entirely misleading concept. Because many or most don't have any form of significant know how – other than malevolence. And these sorts of scenarios invite malevolence as if it is attractive and adorable – when it is utterly horrid for most parties who have to live within it or listen to it, or bear with it.

There is limited distinctions for categories of this kind. You are either psycho or you are comfortably able to maintain the status quo – or your own independence. When many people who assert their independence are equally rip-off merchants and many talented people are categorised as victims or psycho and their usual or good talents are smothered – as they attempt to deal with the continuing ongoing crises within. Low talent should be weeded out at primary stage, and not permitted or encouraged to flourish or have unrealistic expectations.

In saying this, the Private school system encourages phenomenal numbers of low talents to party and succeed in this. It makes people think that anyone is capable of anything if given the right circumstances. But we are not all born equal nor with the same deficits or innate strengths. And to mislead generation after generation into thinking they are okay to operate as accomplished professional parties – when they are not competent to do it, is a tragedy of mammoth making.

Etcetera??

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In the past there was no way of differentiating between psychopathic personalities in power situations – ie criminals at large – and only those victims who came to the authorities for assistance – were labelled diagnosed and medicated or drugged. While the perpetrators of all those earlier childhood crimes against them (often vilified by all who know them, but nobody has the

power to put a stop to it- so the system replicates itself again and again. With like mind supporting like mind – whether they be responsible or not.

How is a young person of 25 able to sort something like this out, when they have limited life experience and thus limited wisdom. People of this age might be okay as nurses but not making adverse clinical decisions that affect a person's life span for the term of their natural lives.

But I feel it all boils down to – whether you cull a dangerous shark – or snake – or crocodile – because it has caused numerous human death or harms – or whether you let it go to swim its course?