

## **Submission to Productivity Commission into Mental Health**

Firstly, and most importantly, there are no proven scientific medical tests for any of the scores of mental illnesses listed in DSMV and there is a large list of physical conditions which can and have been misdiagnosed as mental illnesses.

Secondly, it is a clinical, medical fact that the human brain itself does not reach maturity until the late teens or even early twenty's.

Those two points alone make the idea that a child or even baby can be diagnosed with a "possible future mental illness" most unscientific at best and even fraudulent.

Regarding children: according to the Commissions Draft report recommendation ("Start Now" and "Start Later") any child could be at risk of being labelled mentally ill and prescribed psychiatric drugs. There is frequent misdiagnosis in the adult population and the idea that psychiatrists can predict a child's future mental condition ("emerging mental illness") by the use of an arbitrary list of questions on a checklist is simply delusory.

It is proposed that maternal and child nurses in community health services expand the current physical checks being done to include behavioural screening. The nurses will refer for "final diagnosis," which will also be based again on a subjective checklist. My own experience is that of one of my children was "diagnosed" by a teacher as ADHD and psychiatry recommended. I ignored this advice and now, as an adult and parent, they are successful in their own business.

In my over 30 years of following up complaints and interviewing psychiatric patients I have become aware that rarely are general or specific physical medical tests ever performed prior to psychiatric diagnosis and never a complete full medical checkup.

No tests are made for such things as allergies, hypoglycemia, brain tumors, spinal problems, toxin exposure, eyesight and hearing problems, iron deficiency, diabetes and even a genetic disorder or malnutrition to mention just some. Any of these conditions can result in behaviour resembling a label listed in DSMV.

Then there are emotional disturbances now categorised as illnesses such as an undisclosed loss or fear or even petty crime which could otherwise be resolved by the person feeling safe enough to simply talk it out.

But psychiatry as practised has neither the time nor maybe the inclination and prescribes mind altering medications with random effects including homicidal ideation, suicidal ideation, depression anxiety, weight gain, weight loss, extreme tiredness, loss of purpose and even feeling better for a while. And they are all effects, not side-effects.

Then there is informed consent. This information may not always include the Black Box warning for the effects on the treatment and/or prescription. If the patient protests they can be classed as involuntary and the treatment is carried out.

According to recent information even now there are thousands of children in Australia being prescribed psychiatric medication which are supposedly only allowed to be prescribed for adults.

### **CONCLUSION:**

- Any child or youth up to the age of at least eighteen years exhibiting abnormal behaviour must be given a complete battery of medical tests to eliminate physical and biological causes before any diagnosis of a mental illness can be made. This should also apply to adults.
- No child or youth up to the age of at least eighteen years exhibiting abnormal behaviour which could be classified as a mental illness is to be given psychotropic medications to treat the alleged mental illness as these medications are known to adversely effect brain & nervous tissue structure. This should also apply to adults.

- No person of any age exhibiting abnormal behaviour which could be classified as a mental illness can be given Electro-convulsive Therapy to treat the alleged mental illness as this therapy has unpredictable results and been classified as torture by the United Nations.
- No child or youth up to the age of at least eighteen years exhibiting abnormal behaviour which could be classified as a mental illness is to be isolated in solitary confinement unless they are an immediate threat to others as this action is no less than punishment, and if necessary must be accompanied by a suitable clinician and constantly under observation.
- Any psychiatrist or clinician prescribing medication or treatment for a child or youth up to the age of at least eighteen years for whom it is not recommended or allowed can be charged with assault.

“At public hearings in 2004 the US FDA presented re-evaluations of antidepressant clinical trials for children and youths under age eighteen documenting that the suicide risk was doubled in children taking antidepressants compared to similar individuals taking a sugar pill.”

In addition there are highly experienced specialist doctors and psychiatrists in the field of mental health who are at odds with the psychiatric/pharmaceutical influence on our society. It appears these specialists opinions and the facts they present are dismissed if indeed they are considered at all

As there are no valid scientific tests in diagnosing mental illness and the result of any such diagnosis is treatment – never cure as in orthodox medicine, in closing I quote attributed to Bio-Physicist Nassim Haramein: