

Mental Health Productivity Commission Submission

I would like to submit a formal disagreement with the current strategy and proposed for handling mental health and the fact that billions of dollars are being invested into this strategy despite no proof that it is actually very effective.

As a mother and someone who spends a lot of time with children I know that the proposed criteria for screening 0-3 year olds would result in every child at one time or another exhibiting these behaviours being screened for as they are totally normal and are handled with routine, proper diet, diagnosing deficiencies etc. not by labelling them “mentally ill”, treating them like there is something “wrong” with them and leading to possible psychiatric drugging. Psychiatric drugging a child before they can even talk and explain what is happening with them seems to me like some sort of horror film, put yourself in that child’s position and I am sure you could see why. These drugs have many damaging side effects and the effect that they could potentially have on a still forming brain could result in life long damage.

I have personally witnessed the effects of these drugs with a girl I went to primary school with, she was the smartest girl in the class, very bubbly, friends with everyone. We went to different high schools and she got in with the wrong crowd and ended up being diagnosed as mentally ill. She received psychiatric medication and Electro Convulsive Therapy, the next time I caught up with her she was literally a shell of her former self, “zombie like” is the description I would use and it was so sad to see. This “treatment” that was supposed to help her has given her irreparable damage.

I would like to see money invested into really finding the cause of poor mental health which is different individual to individual and real effective treatment which doesn’t just try to mask the symptoms and subdue people but really help them to become healthy again. Some examples of this is handling diet, exercise, environmental factors, deficiencies, actual medical conditions etc.

I also strongly object to people with vested financial interests being on this commission or deciding the future of mental health strategies. I think that it goes without saying that unbiased people should be responsible for this.

Kind Regards,

S. Cullen