

Dear Commissioners,

In light of the current Mental Health Inquiry concerning 0 to 3 year olds and how to best assist the mental well being of these children, I would like to give my personal experience and input as a responsible person and long term father of two children - 9 and 13 years old. Firstly, it is my opinion and experience that using drugs to help, alter, or adjust a child's current or predicted behavior is not effective as I have found that the majority of children's problems stem from external sources such as parenting,

diet, bullying, unrealistic demands⁽²⁾
school work, and so on. Addressing
these things with chemicals tends
to worsen these factors. I have
been involved with various, in
various walks of life ranging
from the regular military,
English teaching for 7 years, International
NGO's such as UN, Caritas, Islamic
Relief, and many other. Through
these various experiences I have
seen children and adults adversely
affected by Anti-depressants and
other psychotropic drugs. I feel
the best approach to children's
problems is to work on and
provide more ways and activities
for them to feel involved in
Family life and communities

which allow them more ⁽³⁾ opportunities to be productive and contributive. Children thrive when allowed to contribute and feel valued. Also, from my experience, the drugs - generally speaking - create long term problems in themselves and further burden society with funds then needed to treat, contain, and even police those so affected. In short, I disagree with the screening of 0-3 or 0-5 year olds for potential mental health problems for the above reasons and also the fact that there seems to be no

proven scientific methods to (4)
do so, and after all, our
kids at least deserve valid
unvarying tests and results
if we are to help them.

Thankyou for taking the
time to listen to my
point of view on this

Sincerely,
Shonne Morris