

## SUBMISSION TO PRODUCTIVITY COMMISSION IN RESPONSE TO DRAFT REPORT

22<sup>nd</sup> January, 2020

Dear Sir/Madame,

I would like to respectfully forward this submission in response to the intervention aspect of the Draft Report.

Firstly, it is a good thing that the Australian Productivity Commission is conducting an enquiry into mental health, especially as it costs more than \$9.1 billion, having increased more than 31.8% in the past 6 years. It is essential to assess what has been achieved.

The Draft Report estimates the real cost per year is \$43 – 51 billion. This is a completely disproportionate amount of money (to any sensible person) especially when there is no accountability and the situation appears to be worsening, not improving. Yet psychiatry purports to be helping people!

There would be a deafening public outcry if this waste was spent in any other area. But it seems psychiatry has achieved this excessive situation through stealth and the Draft Report reveals plans to continue its permeating of the society by developing another “public” in the form of 0-3 year olds – a business expansion strategy exploiting the most vulnerable members of our society.

I am not a doctor or a psychiatrist but I am a mother, a grandmother and an ex-teacher, a private individual who has often been in a situation where I needed to help a much younger person who was struggling with some aspects of his/her life. Armed with common sense and a genuine urge to create positive change, I drew upon what I saw as the basic aspects of life like physical comfort and health, wholesome food, enough sleep, vitamins and minerals, exercise, the pursuit of worthwhile activities which encourage people to feel valuable and effective and perhaps most importantly, love and respect. This checklist was fail-safe, and yes, I helped some people get off damaging drugs (with medical supervision). I am in my 70s, am still a drug-free zone and enjoy excellent health, following these principles myself. It's very sad to find that a rising number of people are dependent on drugs of various kinds to get through their days and I am horrified and appalled at the thought that this is to be extended to our littlest people. The behaviours which have been listed as indicative of “problems” are what we used to call characteristics of childhood itself and in my experience, they responded to the loving care of stable adults. How many of these little ones will be “filtered” and channelled into a pharmaceutical prison?

Please do not permit this to be done to babies and toddlers.

Yours sincerely,

Glenys Nall