

Australian Government

Productivity Commission

Mental Health

Dear Commissioners,

Thank you for publishing the Drafts on mental health reform in Australia, and inviting us to make submissions and comments.

In the followings I would like to contribute my thoughts on how the Australian peoples' good mental condition could be maintained and strengthened.

It is comforting to know, that the country's government and politicians are serving and protecting its people, as opposed to other countries where people are serving their governments and politicians. The COAG's draft's intent and recommendations to raise the quality of life, and satisfaction with life of all, are clear and thorough.

Please consider my comments as contributions to your work.

Comment 1: build and promote a coherent, open, respectful work force and reward them well.

Comment 2: include "Diabetes" – and other "psychosomatic" conditions. Reason based on Professor Leo Niskanen's lead studies published in the European Journal of Endocrinology – 2018 - that diabetic patients are more likely to die from alcohol related factors, accidents and suicide.

Comment 3: Consider to use Quality of Life Inventory – Dr. M Frisch - to evaluate programs and interventions.

Comment 4: Consider funding other psychological therapies which are also evidence based e.g. analytic individual therapy, analytic group therapy, psychodynamic depth psychology based individual therapy, psychodynamic depth psychology based group therapy, analytic couples and family therapy, inpatient psychodynamic therapy, analytic and psychodynamic/depth psychology-based child and adolescent therapy (individual/group).

European Society of endocrinology; diabetic patients are more risk of death from alcohol, accidents and suicide (2018. November 13)

Frisch, M. B., Clark, M. P., Rouse, S. V., Rudd, M. D., Paweleck, J. K., Greenstone, A., & Kopplin, D. A. (2005). Predictive and treatment validity of life satisfaction and the quality of life inventory. *Assessment*, 12(1), 66-78.

A.Gerlach: Psychoanalytic Therapy – Professional and Scientific-political Implications of the “Position Paper on Psychoanalytic Therapy”

Sincerely yours

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