

Dear Productivity Commission,

I am writing to you regarding the inquiry into Mental Health.

I am deeply concerned about these proposals for a number of reasons.

Firstly they are calling for appropriations of over 1.6 Billion dollars, when they themselves state : "despite the rising expenditure on healthcare" (including mental health) ... "there has been no Clear indication that the mental health of the population has improved"

This is after many years & billions of tax payers dollars in funding & after having put more people than ever before onto psychiatric drugs, this is the case of no actual improvement - by their own admission.

I would insist upon the call for an equity into actual & factual non-biased statistical & medical scientific evidence of their industry of medication having actually ever cured anyone, or improved anyone's mental condition by use of these psychotropic medication.

From what I have seen in my community, especially for children, it could be proven by clinical study very finitely that the medications & treatments given by the psychiatric industry are often more harmful than helpful.

I see that we are already a highly medicated country, with around 1 in 10 of Australians I hear, are currently on Anti depressants. This is a massive statistic with no benefits proven.

I know a number of young children both in NSW & Qld who have been "diagnosed" with ADHD, in a very arbitrary & non scientific "test" of simply having a psychologist "observe" their behaviour in class, with symptoms as minor as fidgeting, squirming in their seat, a short attention span, lack of concentration, or unwillingness to cooperate... all leading to a psychiatric diagnosis & label of ADHD, etc.

These are simply the characteristics of a living human & to have the full range of emotions that go along with simply being alive is a totally healthy sign of life. These are all lively characteristics that you, me & any living person will demonstrate.

I don't dispute that some kids are a huge handful - but in vast majority of cases this is explained environmentally - often the parents being medicated themselves during pregnancy for example.

Another aspect is of course diet & I found for myself that Gluten intolerance, plus other allergies & reactions to non optimum food chemicals lead to grumpiness, tiredness & a multitude of other emotional & physical problems that would be "diagnosed" today as depression or anxiety, which in fact were cured by simply eliminating harmful chemicals from my diet. This has been the case for many other people including children that I know too.

Many young children suffer from learning difficulties, often due to poor diets & many due to the ineffective learning & teaching methods that actually help them using patience & observation to help them learn.

These are kids I have observed to be simply full of energy & just not focused in class due to a lack of effective communication & engagement from the teacher.

I experienced this myself in school as did many of my class mates. I have observed in many cases that medicating people, especially children creates a host of other worse problems, such as lack of activity, behavioural problems, numbness in their emotions, relationships issues & inappropriate behaviour from increased aggression, to self harm.

The sheer lack of effective results & help alone is enough to determine that allocating further enormous amounts of Tax payers money is a terrible misappropriation of funding, from our one Tax payers pockets.

Especially in the wake of our huge Australia wide bushfires crisis - with the many thousands of of Australians & millions of wildlife affected & still suffering disastrously.

We should be looking at ways to rehabilitate our country & our education standards, not medicating & over medicating our people.

My biggest shock was when I saw that they are proposing to fund the screening of young babies with a view to medicating them as a precautionary "preventative: measure.

I have never seen anything so ridiculous as this. The symptoms they are labelling with mental disorders, include things like excessive crying, squirming around etc. This is becoming an actual fraud to claim that these are symptoms of mental illness, as I defy any living human not to display such behaviour.

Unfortunately, medication can also be an "easy way out" for some parents - who understandably feel frazzled by the demands of young children, on top of their work & financial stresses - as it can make the child more "quiet". But the problem is that this "quiet" fast becomes a numb child who is more & more out of communication with life & learning.

Also in my professional line of work, as a Work Health & Safety Consultant for over 10 years & now a Financial Consultant for the last 4 years, I work with people & their families all the time.

I see the stresses people go through at work & financial stress is a huge part of this. Often dealing with large home mortgages, especially following business restructuring & job losses, also after workplace injury, sometimes just even dealing with paying their rent, bills & keeping up with their loan repayments, plus taking care of their kids is just all too much. This in my opinion is the biggest cause of modern day depression & anxiety.

These pressures are environmental factors, that can only be addressed by environmental solutions, such as physical rehabilitation of injured limbs or finding ways to find alternative work that they are able to physically do. As well as increase their income & expertise in the workplace, improving their skills & adult learning to gain more remunerative employment.

Also as both a manager & an employer in my workplace - In my own experience, plus feedback from another colleague working in a senior role in Quality Assurance, the single most destructive influence in the workplace, by statistic - has been the adverse affects of Drugs & alcohol, including also psychiatric medication.

This is because, alcohol & drugs across the board affect ones ability to produce at work - to operate well in the present moment with full capability & awareness in the here & now.

It affects the persons own ability to think & communicate clearly & effectively, which takes its toll - adversely affects their relationships, both at work & at home.

Accidents & negligence occur in the presence of these factors & in the very least their work competence & productivity. This then worsens their work, social & familial communication abilities & their relationships are greatly compromised under the influence of mind altering substances, which include all the psychiatric medications too.

I have also worked as a secular volunteer counsellor ever the last 20 years, and of all the people I have met & worked with including those who have experienced heavy mental health issues, such as 2 women who suffered severe psychosis & hallucinations ... (I haven't proved any of their names as I haven't asked their permission to share their stories & I'm aware this letter may be published)

Both of these 2 women separately confided in me that their chemical cocktails

of Seraquol, Prozac & or lithium had not helped alleviate or cure their so called "illness" (so called illness - as there is no single actual medical test that the industry has provided or uses to test for whether there even is any chemical imbalance "of the brain" or what other medical factor could possibly be causing it. It simply gave them a "drunk feeling" as if they had cotton wool around them, but the hallucinations & fears & thoughts still affected them adversely.

It was later found in one of these cases by using actual medical testing, that her problems were coming from a physical illness called "Lupus".

The psychiatric drug field, is totally opinion based field by all accounts when asked, so it is highly non scientific.

A Psychiatrist that I met in 2008 whilst caring for the wellbeing of a close friend as mentioned above, who had suffered a severe psychotic break, that she was well aware that the industry of Psychiatry had been responsible for hundreds of thousands of human rights violations.

She also made the decision not to put my friend into the Psych ward that night, as the previous night there was an attempted rape. These places are not designed to improve a persons wellbeing or to rehabilitate them, not when they are commonly sharing with men, women often children too, all exposed to the psychotic rages & insanities of people with serious issues who are now highly medicated on mind altering drugs & now capable of doing senseless things in a numb & disassociated state - that the drugged person will neither clearly remember nor feel responsible for.

Note the case in around 2005 when an elderly pensioner in Tasmania actually murdered his wife in her sleep, after being medicated with Zoloft (AKA then, the new name for Prozac) He didn't even recall doing this, but was utterly devastated when he later had a chance to recovery his senses as to what had occurred.

He had no prior criminal history & no history of violence.

There is no doubt in my mind that there are many great people working tirelessly in this industry as psychologists, counsellors, & as clinical psychiatrists, who truly wish to help people & understand their suffering.

However when you talk to them, you soon discover they are often disillusioned with the industry - realising they are trying their best in a very flawed system, which is of no real help or relief, only of a "palliative (pain relief) care" at best , which can also become brutal in its application of over medication & other treatments.

Or they simply become the drug pushers they are encouraged to be, by the seduction of highly paid commissions they receive from their drug companies.

One 38 year old professional Clinical Psychiatrist I met in 2010 - was now seeking a new purpose, to find a better way to help people. He told me how after 10 years in the industry he had left in disgust as he was finding himself, rather than helping people find answers to assist them in life - instead often being taken to very nice lunches paid for by drug company reps promoting their latest drugs - he described the very attractive young women in tight curvy suits & low cleavages, who were the pharmaceutical reps who would visit often, promoting how to base the professional psychiatrist or Drs diagnosis in alignment with their drug sales targets - of how many products they could prescribe & how high the commissions would be. All with a nice free lunch for the Dr.

This is a betrayal of trust at the highest level, persuading real medical Doctors as well as Psychiatrists to administer psychotropic medication to people with often life ruining & damaging side effects, such as suicide & even homicide, Kidney or heart failure, onset of diabetes etc. .. for the sole purpose of monetary gain.

This shows a huge sense of entitlement from the industry of psychiatry, to expect further funding, of tax payers dollars to this already heavily overfunded & inflated industry.

This proposal is just an adding insult to real injury. They are simply marketing to you for appropriations that will not really help any of our public.

One lady of 43yrs whom I spent 3 weeks counselling in November 2019 who was taking Psych medication for her "depression & anxiety" in her 20's described this as the worst thing she could have done as she had been stuck & trapped in severe physical pains ever since. These new pains present ever since the medications, were totally unexplained medically, with no solution offered & no responsibility taken by the Pshychiatrists.

Plus it had so adversely affected her mental clarity & sanity as t affect her personal confidence in her ability to ever work again. She is still working hard to put her life back together, but it is not easy.

Another case was a healthy young girl age 14 who was feeling depressed after taking diet pills, instead of being counselled responsibly to learn to to handle her life better - she was given depression medications & 2 weeks later she was literally unable to walk. The Psychiatrists at St John of God hospital, also took no responsibility whatsoever.

She has been working independently with a Physiotherapist for the last year or so & is slowly regaining her ability to walk unassisted. This is grossly affected her studies over the last year.

Each of these examples has shown ghastly debilitating adverse affects, with no actual solutions.

If this is how psychiatry claims to be helping people, then there is the serious necessity for a Royal Commission into this industry to see what is really occurring.

For anyone to make the claim that they can predict & prevent mental illness, is a sheer fraud.

There is absolutely no medical evidence, no data & certainly no statistics of their medications & treatments every curing anyone.

But there are many people that I know of in Australia who have been grievously harmed by this industry & taking its medications & other treatments such as ETC also.

For these mid altering psychotic drugs to be recommended for not just the elderly & children but now for babies - is now taking on a whole new level of fraud & abuse of these helpless sectors of society.

I would challenge you or any living human, to find any symptom that you exhibited yourself as a baby, young child or even as an adult - which is now being defined as a "mental illness".

This situation is now at a critical level of potential harm to our society, within this proposal.

It our duty of care to ourselves & each other for all of our futures - to review this proposal material thoroughly & demand & examine the factual recorded statistics associated with this industry.

Many thanks for your service to the people of Australia & thank you for your time taken in reading this letter.

Yours sincerely,

Juliette
Leichhardt resident,
NSW Australia