

11 Jan 2020.

Dear Commissioners,

I understand you are undergoing an inquiry into the productivity of the area of Mental Health.

As a father of four beautiful children and a productive member of the society, I would like to raise concerns about the effectiveness of methods that are currently being used in the area of Mental Health.

A lot of these psychotropic drugs that are being prescribed for children have been known to cause very bad side effects,

usually quite severe and in most cases the side effects are worse than the symptoms that the child was displaying, which were the reason they were diagnosed in the first place.

If you need evidence of this, it is only necessary to review the drug bottles that have the side effects warnings on them. This should be enough to demonstrate that surely, a better system can be established to help the child to overcome the problems

that they are running into.

I'm sure in most cases, a change in diet, proper rest, controlled use of electronic devices, a health check by a competent MD, vitamins, exercise and many other solutions, would bring about a swift and more effective recovery for the child.

Please investigate thoroughly the actual effectiveness of the diagnoses and treatment of mental health diseases, and consider not going ahead with the screening of children on a large scale which will undoubtedly lead to more

diagnosis and drugging of young children.

Kind Regards.

Simon Lake.