

Mental Health Committee Application

Name: Tori Clough

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To whom it may concern,

I am interested in being selected in the mental health committee.

As I represent the youth of today.

. Mental illness is so widespread in Australia let alone in Qld with 1 in 5 people experiencing short or long lasting mental illness. Mental illness is highly prevalent in young adults. With the corona virus situation this number is bound to escalate.

The current needs on mental health services, is that just accepts mental health cases as it is a big strain on the regular hospitals and a lot of the time, going to the hospital is unhelpful as, most people aren't trained in mental health.

I have had a personal experience where I have had to use the hospital system for mental health. It did not go well at all, all the doctors did was send me home with diazepam and even then he was reluctant to give it to me, even though I was in a really bad state of mind.

Also a better understanding of mental illness and it's symptoms would be a great start. People get sent away then end up dead, because apparently they were making it up and trying to attention seek.

I believe a lot of care needs to be taken when dealing with young people as being a young person can be very tough. People who are indigenous are also at high risk for mental health issues due to intergenerational trauma .

Money from the Qld government can provide better resources and training when dealing with mental issues.

I believe mental health deserves the same urgency as physical health as they both intertwine with each other.

As a young person with chronic health condition aswell as anxiety, I am someone who has lived the experience with both mental and physical health issues.

I have valuable insight on how we can move forward to ensure all Queenslanders have access to mental health services.

Kind regards Tori Clough