



Planning your submission to the Royal Commission into Mental Health



Ways to make a submission to the Royal Commission

Submissions open until **5 July 2019**

Anyone can make a submission. We strongly encourage every consumer/survivor to make a submission if you have something to say.

Our VMIAC Royal Commission peer support team is also on hand to help.

DIFFERENT WAYS TO MAKE A SUBMISSION

On the internet

This is the option they encourage. Go to this website:

<https://rcvmhs.vic.gov.au/submissions>

Then you can do **either** or **both** of these options:

Answer their survey questions

Upload a document or a recording

If you only do this, you must attach their cover sheet ([get one here](#))

By post

Royal Commission into Victoria's Mental Health System
PO Box 12079
A'Beckett Street
VICTORIA 8006

If you send it by post you must include their cover sheet ([get one here](#))

Need help to make your submission?

From VMIAC

(by consumers, for consumers)

VMIAC is offering peer support to consumers making submissions. Phone support, email advice, appointments in Brunswick East, and workshops around the state:

Call **(03) 9380 3900** (Mon & Wed)

Email RCsupport@vmiac.org.au

Or register for support online and we'll contact you:

<http://bit.ly/supportRC>

From the Royal Commission

To get help call **1800 00 11 34** or email: contact@rcvmhs.vic.gov.au

More info on their website:

www.rcvmhs.vic.gov.au/submissions



Need an interpreter?

Contact the Commission via a phone interpreter service on **03 7005 3010**

Want to make a submission in your own language?

Submissions made in languages other than English will be translated where possible.

More tip sheets & info on VMIAC's web site

www.vmiac.org.au/RCMH