Violence is never OK.

That includes violence BY mental health services.

Detention, compulsory treatment, seclusion & restraint are violent acts in mental health services that hurt people.

www.vmiac.org.au

VMIAC
by and for consumers
We have the right to mental health support services in the community.
Most mental health consumers are forced to take pills that can:

- Cause illness & disability
- Shorten our life expectancy

We call for limits and accountability for Victorian hospitals & government.

www.vmiac.org.au
The place we go for help can hurt us the most.

Mental health services in public hospitals often cause trauma. We call for services that help us heal instead of hurt.

www.vmiac.org.au
Sexual violence in mental health hospital services.

Stop writing reports and start making changes.

We need patient controlled locks on every bedroom & bathroom door, now.

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### Improving Mental Health?

#### Statistics from Victorian public hospital mental health services

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What we get now.

Despair
Crisis
Hospital use
Substance use
Suicide
Isolation
Homelessness
Hopelessness

The mental health support services we used to get in Victoria.

- Support to find hope & meaning
- Group programs
- Confidence & self-esteem
- Art therapy & creative programs
- Coping skills
- Social & sports programs
- Drop-in services
- Connection with peers
- Community & belonging

A little practical support for some
Nothing for most

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