

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.

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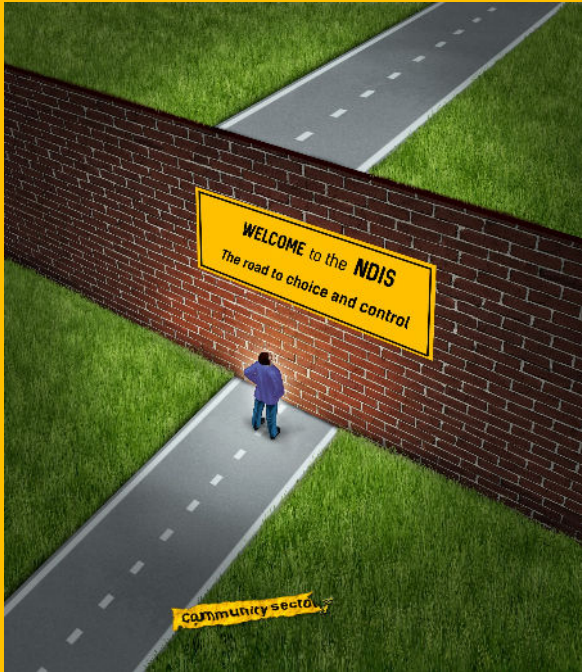


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**We have the right to
mental health support
services in the community**



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**TOO MANY
PILLS.**

**TOO FEW
LIMITS.**



Most mental health consumers are forced to take pills that can:

- Cause illness & disability
- Shorten our life expectancy

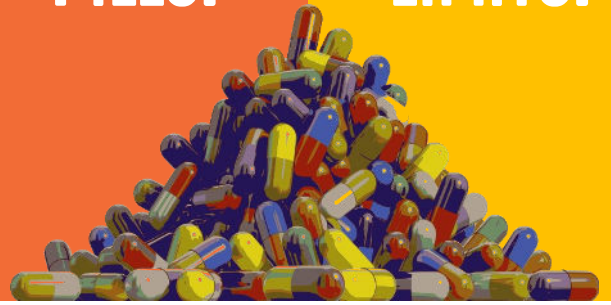
We call for limits and accountability for Victorian hospitals & government.

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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.

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**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

10hr	Average hours people locked in seclusion rooms (worst in Aust)
347%	Growth in seclusion of teenagers (last 15mths)
588	Forced electro-convulsive therapy orders last year
7,215	Forcible restraints last year
68%	of women feel unsafe in psychiatric services
57%	of adult consumers treated against their will
20y	We die about 20 years younger than others
83%	of consumers can't get a lawyer to appeal forced treatment

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347%	Growth in seclusion of teenagers (last 15mths)
588	Forced electro-convulsive therapy orders last year (each one for ~12 treatments)
7,215	Forcible restraints last year (physical or mechanical)
68%	of women feel unsafe in psychiatric services (Vic Women's MH Network)
57%	of adult consumers treated against their will
20y	Lost life when we die about two decades younger than others
83%	of consumers can't get a lawyer to appeal forced treatment

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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

WHAT WE GET NOW.

- A little practical support for some
- Nothing for most

DESPAIR
CRISIS
HOSPITAL USE
SUBSTANCE USE
SUICIDE
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HOPELESSNESS

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