



Anxiety & Depression Support Group

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April 21, 2005

Senate Select Committee on Mental Health,
Department of the Senate,
Parliament House,
Canberra, ACT 2600

Please find herewith our Submission to your Inquiry. It is in the form of a printed Report that was the outcome of a Forum held in 2002 in Albury Wodonga in conjunction between our Support Group, the Anxiety Recovery Centre - Victoria (ARCVic) and La Trobe University.

The Report was officially launched on Friday 28th June 2002 by Mr Tony Plowman, MP and handed over to Dr Tom Keating of the Dept of Human Resources who assured the audience that the Report would be handed to the then Victorian Minister for Health, Mr John Thwaites. We are still waiting for an outcome from the Report.

There are many, many people 'falling through the cracks' who are chronic sufferers of anxiety disorders and depression who need long term strategies and help. They are the silent people in society who do not have a voice and many we talk to feel there is no hope for them, especially in the Public Mental Health system. Most are on pensions and cannot afford private psychologists and/or psychiatrists. Even if they could, the waiting lists are 5-6 months. We would not expect animals to wait that long for treatment.

We feel the Report covers many issues relating to mental health in rural and/or regional centers. Particular attention is drawn to the 'Recommendations' outlined on page 9.

Because the Report is a printed booklet, we are unable to supply an electronic version for your Inquiry. We do however, have more copies that we will make available on your request if needed.

Sincerely,

Wendy Malcolm,
Facilitator.