

Submission
No 10

**INQUIRY INTO EQUITY, ACCESSIBILITY AND
APPROPRIATE DELIVERY OF OUTPATIENT AND
COMMUNITY MENTAL HEALTH CARE IN NEW SOUTH
WALES**

Name: Name suppressed

Date Received: 2 August 2023

Partially
Confidential

My daughter has been to hospital on two occasions after suicide attempts. As she has Autism she has received no follow up care nor has she been admitted to a psychiatric ward. Her mental health has continued to be very poor and she has begged for admission so she can work on her recovery, her clinical psychologist and GP have written referrals to no avail. I have been told she cannot be admitted due to her autism as it would be too distressing for her to be in a psychiatric ward. Why then do we not have beds allocated for people with autism?

In terms of outpatient care, I ask what care. Following her first stint in the ED we were given a plan for continuing care in the community. This involved CAHMS. Expecting to hear from them and to receive the much needed help and support to keep my daughter alive. They called me to tell me that they would not be working with her due to her autism. I explained that she is verbal, I was told emphatically that they would not be working with her.

After her second attempt earlier this years CAHMS were contacted to see her in hospital, they again refused to work with her. I have managed to get a psychiatrist via Telehealth but find this inadequate. Her psychologist is through Headspace so we are limited to 10 sessions. Being outside of a major centre our GP keeps changing every 12 months as they won't stay.

I have had to leave my employment as a special education teacher as her school told me they could not meet her needs and would not have her back for year 11. She started TAFE but could not return after the inappropriate comments of a male student. I am homeschooling her through Euka, which costs money. I need to be here to help with her schooling but also to ensure her safety. My husband is the bread winner but has cut back on his work as a gardener due to age and injury. We find it difficult to afford Private psychological services.

I have paid taxes all my working life as has my husband and now we need some support we feel that the health system simply does not exist, or not for us. My mental health is suffering due to the demands of being my daughters's full time carer without any for of support. I am missing being employed with social connections and financial resources.