

Submission
No 16

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

Name: Name suppressed

Date Received: 9 August 2023

Partially
Confidential

I have struggled with my mental health since 2015. I have been diagnosed as anxious and depressed for years. I have been unable to have a care plan or team as it has always been far too costly and I'm too old for free youth services. I have a distinct feeling I may also be struggling with symptoms of ADHD which frankly explains a lot of my "anxiety and depression" but again, the waitlist and cost associated with obtaining a diagnosis is too difficult for me to pursue. I have had medical doctors tell me to "just get over it". Following an abusive relationship I sought help from my GP. They not only didn't listen to my concerns they set me up with a South African (the same as my abusive ex) male, gym rat therapist who tried to convince I could exercise out of my trauma. I've used multiple free hotlines in times of crisis as I knew I could rely on them unlike the medical industry. I'm finally feeling much better about my life and outlook but am unable to come off my antidepressants but to do so with my particular medication is too disruptive and will cost me at least a weeks worth of work as I will need to deal with withdrawal, I have no faith in our public mental health care and believe it only inflamed my aversion to seeking help as I know it will be a difficult, and costly process with likely poor results.

The system is broken.