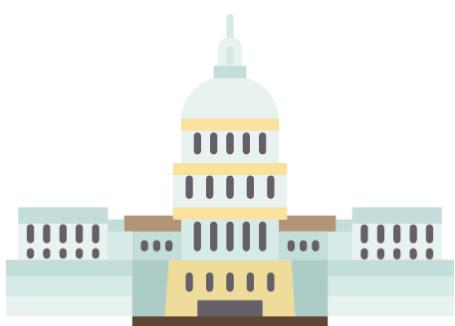
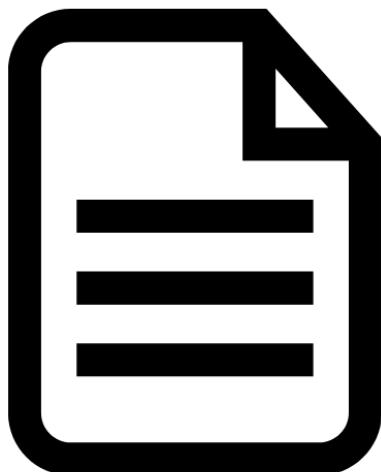


# Our report to the Victorian Government



In 2022 the **Victorian Government** asked our group to give them a report.

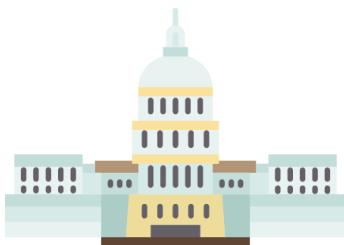


Our report gives advice to the Victorian Government. It tells the Victorian Government what to do for people that have been hurt by **mental health services**. We called the report 'Not Before Time: Lived Experience-Led Justice and Repair'.

## **Not Before Time**

### **Lived Experience-Led Justice and Repair**

### **Our Report to the Victorian Government**



In 2022 the Victorian Government asked our group to give them a report.



Our report gives advice to the Victorian Government.

It tells the government what to do for people that have been hurt by **mental health services**.



We called the report

Not Before Time: Lived experience-Led Justice and Repair.

## Who wrote this booklet



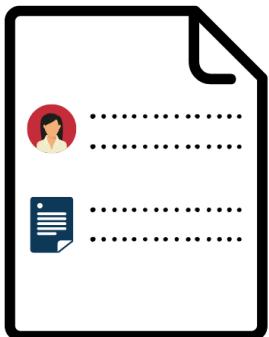
Simon Katterl wrote this booklet.

Simon worked with other people to give the report to the Victorian Government.

Other authors on the report were Caroline Lambert, Chris MacBean, Flick Grey, Lorna Downes, Morgan Cataldo, Katrina Clarke and Sharon Williams.

When Simon uses 'we' he means everyone who worked on the report.

# How to read this booklet



This booklet uses words and images.

The images help explain some ideas.

## Bold

## Not bold

We **bold** words that are hard to explain.

We explain these words mean on page 14.



Reading this may bring up sad thoughts or memories.

You might want to read with someone you trust.

## **What is in this document?**

Who worked on this report	4
Why our report is important	5
What we learned in our report	7
What we asked the Victorian Government to do	12
What happens next	14
What words mean	16
	5

## **Who worked on the report.**



A team of people worked on this report.

Some people have had mental health issues before.

Others have been family members or carers of people with mental health issues.

## Why the report is important.



People can have good experiences at mental health services.

People also have bad experiences.



Sometimes mental health services hurt people with mental health issues.



Sometimes families are hurt when mental health services do not work.



It is important that the Victorian Government listens to people who have been hurt.



The Victorian Government  
also needs to say sorry.

There are different ways to  
say sorry.



Our report has ideas on how  
the Victorian Government  
can say sorry.

## **What we learnt in our report.**



We learnt that many people have been very hurt in the mental health system.



We looked around the world for ideas.

We read about ideas in other countries.

We found 6 ways the Victorian Government could say sorry.



1. The Victorian Government could make a speech and say sorry.

People who had been hurt would be invited.



2. Let people who have been hurt tell their story. This means people can find out what happened in mental health services in the past. Then everyone agrees not to do it again.



3. People who have been hurt should get **reparations**. These are ways of paying people back when they have been hurt.

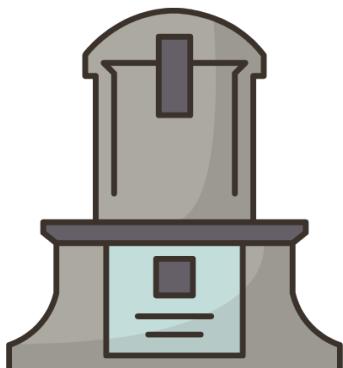


4. The Victorian Government should give **reparations** to groups.

This means organisations that advocate or help people with mental health issues, or their families would get **reparations**.

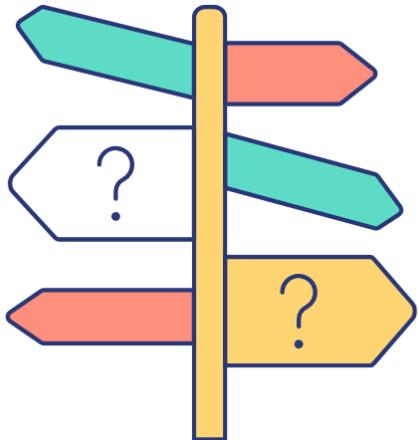


5. The Victorian Government should promise to stop doing things that hurt people. For example, stop forcing people take medications they do not want to.



6. **Memorialise** the hurt people experience. For example, by having statues or special days to remember.

# **What we asked the Victorian Government to do.**



We then had to choose what to ask the Victorian Government to do to say sorry.

We looked at the 6 ideas from around the world.

Then we asked the Victorian Government to do 2 things.



First, we asked the Victorian Government to help people tell their stories about mental health services.

We asked that sometimes, when it is safe, mental health services and the Victorian Government should come and listen.



Second, we asked the Victorian Government to promise to apologise.

The apology should be in a speech. It should apologise to the people who told their stories of when they were hurt.

## What happens next



We don't know what happens next.

We hope the Victorian Government tells us what they will do.

We hope that they do what we asked for.



We are a small team and do not have money to keep working on this.

We cannot talk to you directly.

But we have put phone numbers of organisations that might be able to help you on our website.

## What words mean

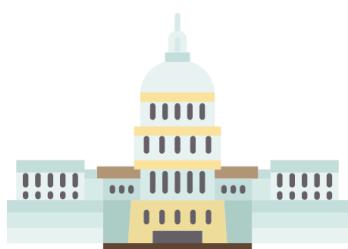


**Mental health** is about how you think and how you feel.



**Mental health services** mean a place where you go to get help for your thoughts and feelings.

Sometimes the law says you must go to a mental health service, even if you do not want to.



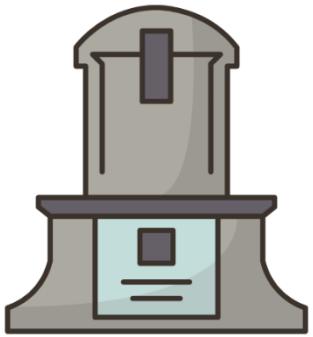
The **Victorian Government** makes the rules about how mental health services work.

They also pay for the mental health services to keep working.



**Reparations** means someone giving back to someone after they have hurt them.

For example, giving them money if they have hurt them.



**Memorialise** means trying to remember things from the past.

Sometimes we **memorialise** by making statues or having special holidays.