

## **P-05-764 Better Mental Health Services for Adults**

This petition was submitted by Megan Tudor, having collected 84 signatures online.

### **Petition text:**

We call on the National Assembly for Wales to urge the Welsh Government to improve the treatment of adults in mental health services with particular focus on improving services in the community such as CMHT, inpatient, A&E and ambulance services.

Too often the mental health services have failed adults. It is appalling to think that everyday thousands of adults are being turned away when begging for help. To be admitted to hospital and quickly reviewed by a psychiatrist and being told 'just distract yourself you'll be fine' and sent home.

I understand that there have been major cuts to these services over the last few years, but frankly it is unacceptable. There should not be a price on someone's mental health. Mental health should have the same level of care as physical health.

Why is there more support in place for children suffering from mental health? Children have support in place following hospital admissions but there's nothing for adults. There may be promises that they will receive support from certain services but they quickly fall through. I am disgusted by the horror stories I have heard from people in the system. I have witnessed first hand the lack of care provided for adults suffering from ill mental health. This needs to change and it needs to change fast. I will no longer sit back and watch this happen.

I want to see huge changes in the way adult patients are treated and supported. All services should liaise with each other to provide the best care possible. At the moment communication is lacking between services leaving the patient without support. If emergency services are needed then there needs to be some follow up support in place for when they return home. Most services work within the hours of 9am and 5pm but mental health doesn't go away at 5pm we need more accessible after hours support. I want to see more care from staff too, they may have the training required for their position but empathy and respect is nowhere to be found. It's time to change.

### **Additional information:**

Ok let's talk..

Mental Health can still be quite a taboo topic but I want you to stick with me here for a minute. I just want you to imagine feeling completely lost, empty and like you have no reason to live. You want the pain to end so you take the most difficult step of your life; you ask for help. You just want someone to recognise how much pain you're in and make it go away.

The doctors/paramedics/police/psychiatrist tell you it's 'nothing to worry about you must be having a bad day that's normal'. The truth is it's not just a bad day you've been stuck in this dark place for much longer. They don't listen, you go home and although you didn't think it was possible, you feel worse than you did before asking for help.

**THIS ISN'T HOW IT'S SUPPOSED TO BE!** The help and support should be readily available for those that need it but it's not and that's what needs to change. If this petition works it could save thousands of lives every single day. Please show your support by signing this and share it. Things have got to change.

#### **Assembly Constituency and Region**

- Montgomeryshire
- Mid and West Wales