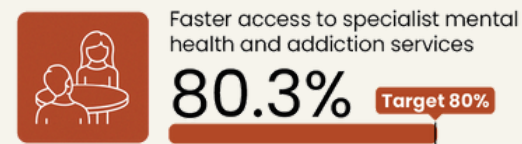


Faster access to specialist mental health and addiction services

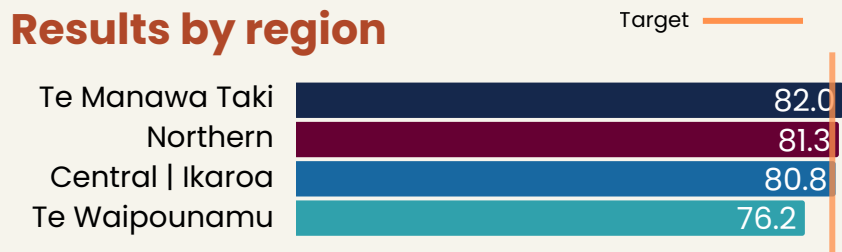
2030 target = 80%

This measure shows the percentage of people accessing specialist MH&A services seen within three weeks of referral.

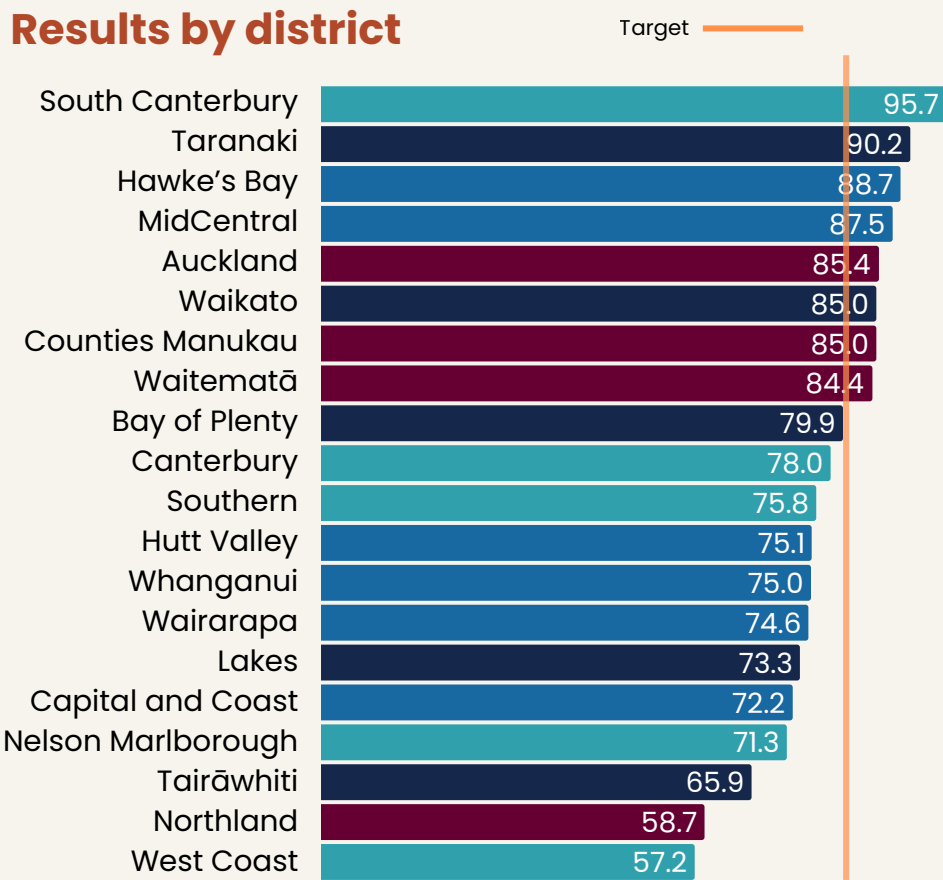
National result



Results by region



Results by district



Faster access to primary mental health and addiction services

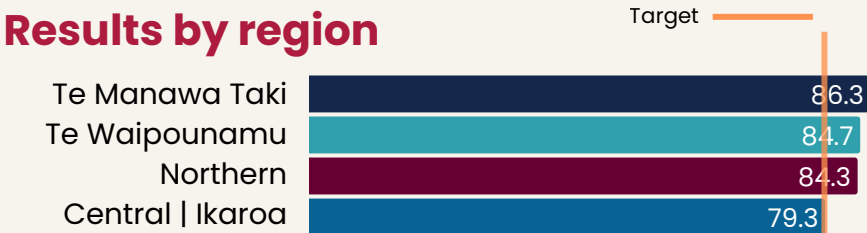
2030 target = 80%

This measure shows the percentage of people accessing primary MH&A services through the Access and Choice programme within one week.

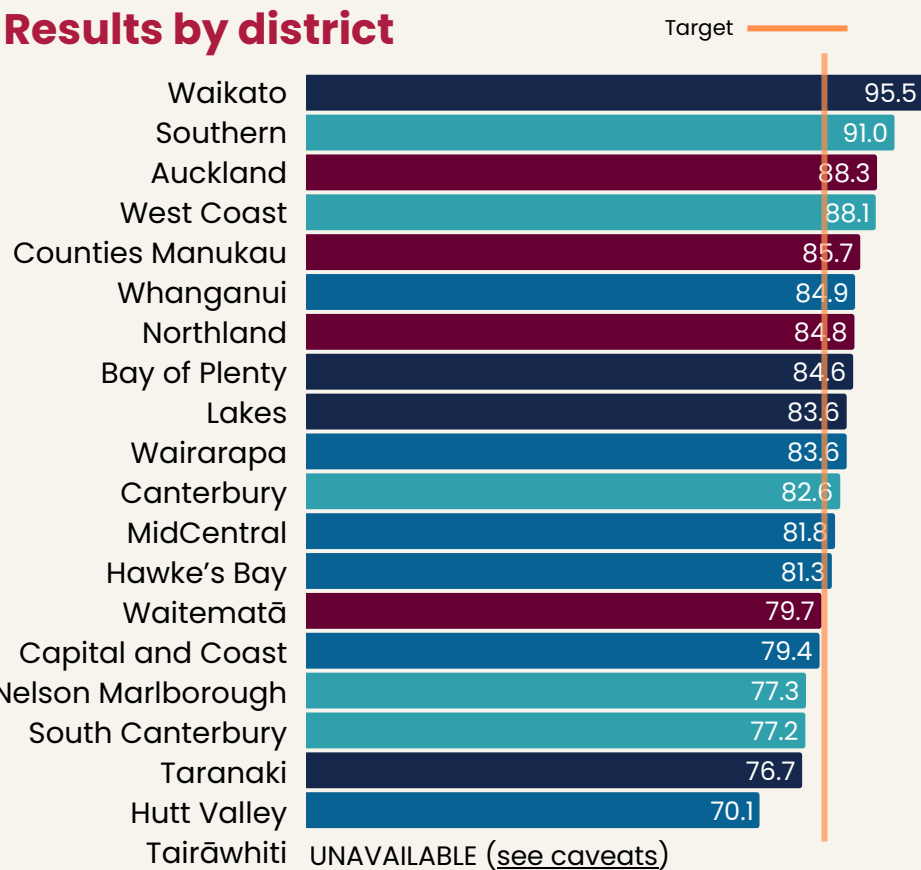
National result



Results by region



Results by district

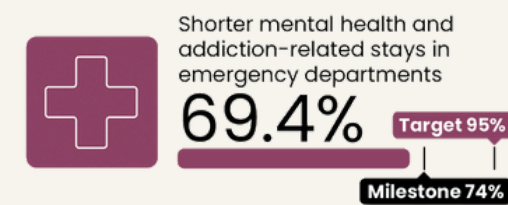


Shorter mental health and addiction-related stays in EDs

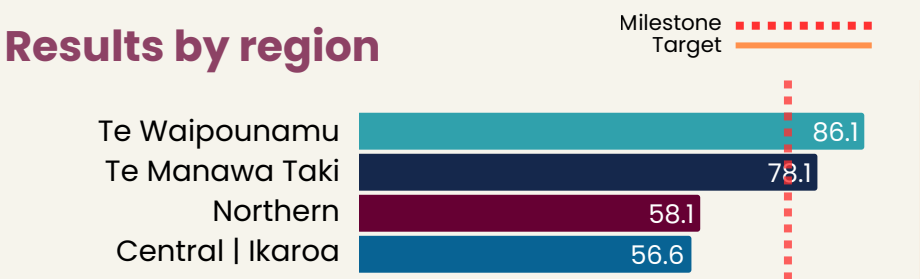
2030 target = 95%

This measure shows the percentage of mental health related ED attendances that were admitted, discharged or transferred from an ED within six hours as a proportion of all mental health related attendances.

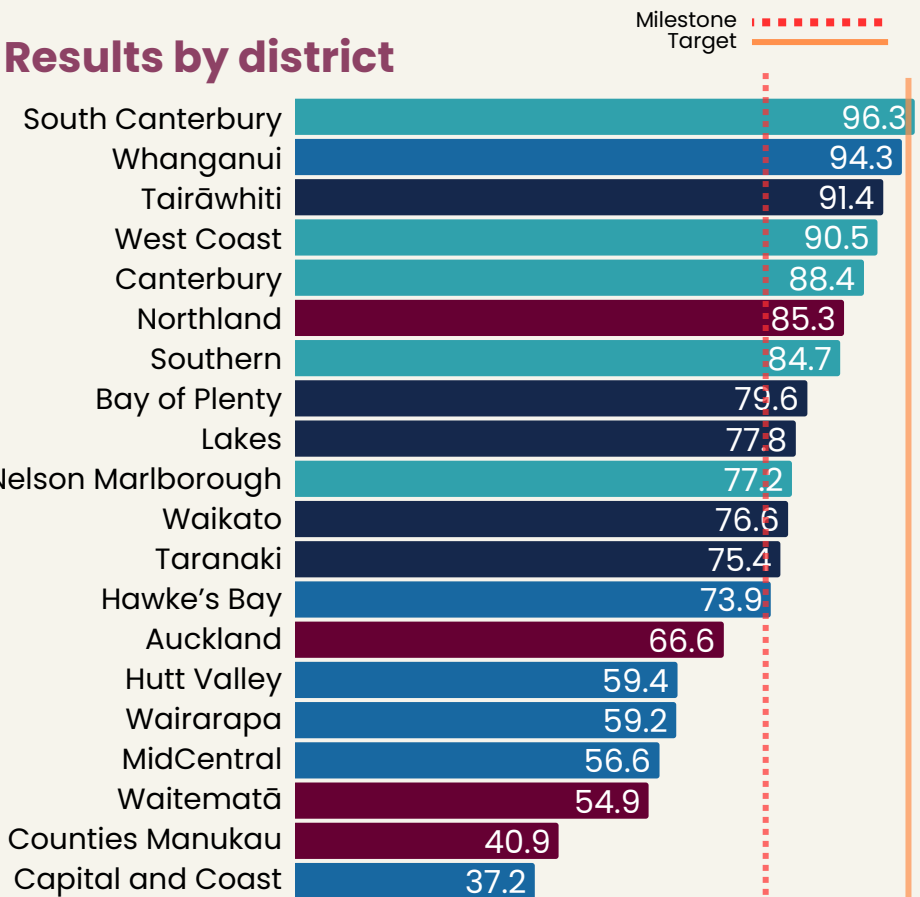
National result



Results by region



Results by district



All figures displayed are percentages.
Data is based on point-in-time snapshots and may differ from other published statistics due to differences in timing, methodology, or data sources. [See caveats.](#)

Increased mental health and addiction workforce development

Target = 500 more trained yearly

National result (Semester 1 2025)

Increased mental health and addiction workforce development

349

Target 500

This measure shows the number of mental health and addiction professionals trained each year in New Zealand.

Q4 overview

A total of 349 people in the identified professions started training in semester one of the 2025 academic year.

This is a partial result, as it represents only the first semester intake. Some professions have a second semester intake (starting in the middle of the calendar year).

Results for the second semester will not be available until quarter two 2025/26, at which point we will report the full year result for the 2025 calendar year.

Health NZ is working in partnership with the Royal Australian and New Zealand College of Psychiatrists to trial a new process to maximise the placement of psychiatry candidates across New Zealand.

The number of people commencing New Entry to Specialist Practice training remains strong, with 200 nurses and 51 occupational therapists and social workers commencing in semester one 2025.

Strengthened focus on prevention and early intervention

2030 target = 25%

National result

Strengthened focus on prevention and early intervention

24.4%

Target 25%

This measure presents the proportion of mental health and addiction ringfenced investment allocated to prevention and early intervention.

Q4 overview

This result is the annual budgeted investment; it does not represent the proportion of the mental health and addiction ringfence that has been spent during the quarter.

Contract negotiations for a mental wellbeing promotion campaign were completed this quarter, with a soft launch planned for quarter one 2025/26. The campaign is guided by best practice models and frameworks, and will target population groups with the greatest health need.

Faster access to primary mental health and addiction services

Q4 overview

Three out of the four regions achieved the 80% target and Central region was only 0.7% away from the target. Taranaki and Hutt Valley were significantly below the target, and activity across those districts is intended to lift performance. In Te Manawa Taki, focused efforts are underway to enhance provider engagement, improve resource allocation and address structural inefficiencies. Work is also underway to increase data granularity to better inform community-level planning and service delivery. In Central, contract reviews have been conducted to understand legacy issues, service arrangements and other aspects that affect provider performance. A regional IPMHA operational action plan is being implemented to address issues, reset expectations with providers, and drive improved performance in 2025/26. This operational plan will be implemented from quarter one 2025/26.

Shorter mental health and addiction-related stays in EDs

Q4 overview

Performance in this target has improved during 2024/25. Te Waipounamu and Te Manawa Taki regions both met the milestone and South Canterbury met the 2030 target of 95%.

Initiatives to improve performance in Central region include:

- A 15-bed regional extended care service was opened at Manor Park (Hutt Valley), with first clients to move into the service in early quarter one 2025/26. The service increases bed capacity in the region by enabling service flow through acute inpatient units regionally.
- A transition from ED liaison nurses to speciality clinical nurses across Capital and Coast, Hutt Valley and Wairarapa EDs is now complete. This will allow complex MH&A assessments to be completed in these EDs rapidly, easing pressure on community crisis teams and improving overall response times.

Northern region performance improved due to these initiatives:

- All districts in the region are trialling simultaneous MH&A assessments alongside medical assessments in ED (where clinically appropriate), to reduce delays. Acute medical conditions are generally treated and stabilised prior to mental health assessment and treatment.
- Regular liaison across the region's inpatient units to maximise use.

Faster access to specialist mental health and addiction services

Q4 overview

All regions are focused on ensuring performance is sustained or improved. Te Waipounamu is the the only region not achieving the 80% target. Access to alcohol and other drug specialist services remains a persistent challenge in Te Waipounamu. To support improvements we engaged with providers to explore underlying drivers of treatment delays and identify potential opportunities for shortening wait times. Initiatives this quarter included:

- the establishment of an alcohol and other drug in-reach clinician at Nelson Hospital
- a review of the new alcohol and other drug triage process in Nelson
- the launch of alcohol and other drug outreach clinics in Christchurch's outer metropolitan and rural areas which aim to reduce barriers to accessing services.

Although Central region achieved the target the region continues to explore how stronger connections with community NGO providers can support performance. Hutt Valley district is establishing a kaupapa Māori service and community health clinic and looking to streamline pathways between crisis cafés and community specialist mental health services.