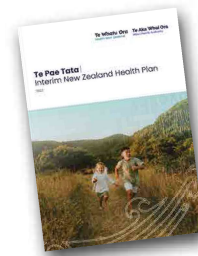


# Mental Health & Wellbeing

## NAVIGATION GUIDE FOR TE PAE TATA | INTERIM NEW ZEALAND HEALTH PLAN 2022

This navigation guide has been prepared to help people identify places in Te Pae Tata likely to be of interest to particular populations and communities in New Zealand. The health and wellbeing needs and expectations of these communities were closely considered in preparing the plan. This guide will lead you to key content in Te Pae Tata that may be specifically relevant to you.



View Te Pae Tata at:  
[www.TeWhatuOra.govt.nz/te-pae-tata](http://www.TeWhatuOra.govt.nz/te-pae-tata)

WHAT IT IS	WHAT IT SAYS IN TE PAE TATA	WHERE IT IS
<p><b>Mental health and wellbeing is more than the absence of illness</b></p> <p>It includes the opportunity to live in physical, social, economic and commercial environments where people thrive</p> <p>The mental well-being of our communities, supporting people's mental health and reducing the impact of the harm of alcohol and drugs is focused on treatment and intervention services</p> <p>Working with partners to achieve mental health and wellbeing</p>	<p>Embed a population health approach.</p> <p>The new National Public Health Service and Service Commissioning will work with locality provider networks and communities to support a whānau and community-led approach, supporting wellbeing that is coordinated and coherent, reflecting the communities' strengths and aspirations.</p> <p>Working with the Mental Health and Wellbeing Commission to develop a framework to support improved mental health and wellbeing and reduced harm from alcohol and drugs in local communities.</p> <p>Ensure national consistency in the implementation of evidence-based interventions for reducing the misuse of drugs and alcohol.</p> <p>Accelerate implementation of the suicide prevention plan with the national suicide prevention office: reduce the impact of suicide on communities by accelerating the implementation of Every Life Matters   He Tapu te Oranga o ia Tangata Suicide Prevention Action Plan 2019–2024.</p>	<p><b>Pae ora   Better health in our communities</b></p> <p>Section 2.1, pp33–35</p>
<p><b>Wellbeing</b></p> <p>Support the mental wellbeing of New Zealanders by completing the implementation of 'He Ara Oranga' and 'Kia Manawanui'</p>	<p>Expand Te Ao Māori Approaches.</p> <p>Expand Pacific Approaches.</p> <p>Progress mental health inpatient facilities in key parts of New Zealand.</p> <p>Increase support for youth mental health.</p> <p>Improve mental health crisis and urgent response in communities.</p>	
<p><b>Equity</b></p> <p>Mental health and addiction outcomes for Māori are poor compared to the overall population</p> <p>Focus on better mental health for Pacific people and Tāngata whaikaha   Disabled people</p> <p>Ensure nationally-consistent access to mental health and addiction services</p>	<p>Action Te Tiriti o Waitangi and achieve equitable mental wellbeing for Māori, by expanding Te Ao Māori mental health services including primary mental health and wellbeing, to ensure Māori whānau feel supported and engaged in their community and across specialist services.</p> <p>Focus on better mental health for Pacific people and Tāngata whaikaha   Disabled people, to ensure services communicate and work with whānau.</p> <p>Mental wellbeing programmes in schools and tertiary institutions are expanding, and we are funding a range of community suicide prevention initiatives and new addiction focused services. We will build on this momentum as we continue to transform our approach to mental wellbeing.</p> <p>Implement a National Mental Health System and Service Framework inclusive of Te Ao Māori solutions, with nationally-consistent targets.</p> <p>Establish an Oranga Hinengaro national strategy to improve equity of outcomes.</p>	<p><b>Oranga hinengaro   People living with mental distress, illness and addictions</b></p> <p>Section 2.5, pp42–44</p>