

Our health and disability system

Mental health

The Government inquiry into mental health and addiction – He Ara Oranga – identified the need for radical change and a new direction for mental health. He Ara Oranga highlighted the need for an emphasis on wellbeing and community, more prevention and early intervention closer to home, and expanded access to services.

What's changing? Why?

Currently, the commissioning of mental health services is spread across 20 District Health Boards, the Ministry of Health, and around 30 Primary Health Organisations. This makes it difficult to roll out improved approaches, or to have certainty that the scope and quality of services will be the same in different parts of New Zealand.

Changes to the health system will make it much easier to achieve the transformation needed in mental health services. Services will be coordinated and commissioned by Health New Zealand, a new organisation with a national focus, working in partnership with the Māori Health Authority.

What will be different in future?

With He Ara Oranga as our blueprint, our future health system will be well placed to strengthen and transform mental health services, with much greater access to care in the community and early intervention services. Best practice will be shared more readily, and communities will have a much stronger voice in the mental health services provided.

Proven innovative and digital services will be made more available, delivered by our skilled mental health workforce and rolled out at scale. This workforce will be supported by national workforce strategies and planning for growth to meet need, ensuring those on our frontlines are well supported.

What's next?

The detailed design work that will be completed during the transition will include engaging with mental health and addiction professionals, consumers, whānau, and communities on how we can best ensure the reformed health system promotes better mental health care. That will include how the implementation of the response to He Ara Oranga can sit alongside these reforms.

Want to know more?

Further information about the work and progress of the health reforms is available on the DPMC website under the work of the Transition Unit:

www.dPMC.govt.nz/our-business-units/transition-unit