

Tukuna mai ō whakaaro mō te tauira o te Rautaki mō te Oranga ā-Hinengaro me te Waiora o te Tangata 2026 – 2036

Hei te tekau tau e heke mai nei, ka aratakina ngā mahi e hāpai ana i te oranga ā-hinengaro me te waiora o ngā tāngata o Aotearoa mā te Rautaki mō te Oranga ā-Hinengaro me te Waiora. Kei te whai hoki te rautaki i te whakapikinga ake o ngā mahi e hāpai ana i te hauora ā-hinengaro, i ngā momo mate warawara, me te whakahekenga iho o ngā pānga kino o te raukoti pūroi me te mate petipeti.

Ka ārahi te rautaki i ngā mahi māherehere, i ngā mahi haumi me te whakapikinga ake o ngā mahi a ngā ratonga a te pūnaha hauora i roto i te wā.

Kei te tono kōrero te Manatū Hauora i a koe i mua i te whakapūmautanga o te tauira rautaki. Kei te tuwhera ngā tono mai i te 8 o Āperira ki te 18 o Mei.

Ngā hua o ō kōrero

E whai pānga ana te rautaki ki te hunga e whai ana i ngā ratonga hauora ā-hinengaro me ngā ratonga mate warawara. Kei te hāpaitia hoki ngā tāngata e tautoko ana i a rātou, waihoki ko ngā hapori huri noa i te motu.

E mau ana te tauira rautaki i ngā hua o ngā huihuinga me ngā kōrero kua oti kē i a mātou mō ngā take nui ki ngā tāngata. He mea nui kia tika ā mātou whakataua.

Mā ō kōrero ka mārāma mātou:

- ki ngā kaupapa nui ki ngā tāngata
- ki ngā mea e whaihua ana
- ki ngā mea hei whakapai ake
- ki ngā mahi tuatahi kia puta mai ai ngā hua nui

Mā konā, ka hua mai te rautaki whakamutunga me te māhere whakahaere mō ngā tau e toru e heke mai ana. Kei te hiahia mātou ki te whakaputa atu i aua kōrero i tēnei tau.

Kei te hiahia mātou ki te rongō kōrero:

- i te hunga kua pāngia, e pāngia ana rānei e ēnei āhuatanga – waihoki ko ngā whānau
- i ngā kaimahi o te rāngai hauora, o ngā ratonga ā-pāpori me te hapori

- i ngā rōpū ā-hapori me ngā momo whakahaere
- i ngā tāngata e ngākaunui ana ki te whakapai ake i te oranga ā-hinengaro me te waiora o te tangata; waihoki ki te whakaheke iho i ngā pānga kino o te raukoti pūroi me te mahi petipeti.

Kia rangona tō reo

- Mā te ipurangi – pānuhia ngā kōrero, tukuna mai ō whakaaro mā te pae kōrerorero a te Manatū Hauora ki: consult.health.govt.nz
- Mā ngā huihuinga kōrero – haere ki ngā huihuinga kōrero, pērā i ngā hui mō ngā momo hapori motuhake
- Mā ngā whakawhitinga kōrero ā-hapori – whāia ngā rauemi ā-hapori ki te whakahaere i āu ake huihuinga kōrero, ā, tukuna mai ngā whakaaro o tō rōpū

Tāia te rārangi pātai, ā, tukuna mai ō whakaaro ki a mātou ki:

Mental Health and Wellbeing Strategy Consultation
PO Box 5013,
Te Whanganui-a-Tara 6140

Rapua ētahi atu kōrero mō ngā ara kōrero ki te pae tukutuku a te Manatū Hauora:

health.govt.nz/mhws-consultation

Mēnā kāore e tika ana ēnei kōwhiringa māu, me he raruraru rānei, whakapā mai mā te īmēra ki mhasp.engagement@health.govt.nz

He āwhina nui mēnā kua pānui kē koe i te tauira rautaki i te tuatahi. Kei te pae tukutuku a te Manatū Hauora te rautaki me ngā whakamārama, kia rangona ai tō reo.

Kia haumarū, kia tuwhera hoki ngā ara kōrero ki te katoa

He mea nui kia whai wāhi mai te katoa ki ngā kōrero, kia manaakihia hoki te tangata, kia haumarū anō ngā mahi. Kei te mōhio ngā kaiwhakahaere o ngā huihuinga kōrero ki te whakahaere kōrero, e noho haumarū ai te tangata i runga i te mōhio ka tūoho pea ētahi i ēnei take whaiaro.

Kua whakarāpopotohia te tauira rautaki me ngā whakamārama ki ngā momo pae kōrero me ngā reo rerekē.

Ngā pātai

1. Ki tō mōhio, he aha rā ngā āhuatanga e ārai atu ana i te whakawhiwhinga o ngā momo āwhina e tika ana mō tō rātou oranga ā-hinengaro, mō tō rātou waiora rānei, waihoki mō ngā momo mate warawara, mō te raukoti pūroi me te mate petipeti?

Pērā i ngā āhuatanga e pāpā atu ana ki te tangata i mua i tō rātou tono āwhina, i a rātou e rapu āwhina ana, i a rātou e whakarauora ana rānei.

2. Ki tō mōhiotanga, he aha rā ngā āhuetanga e whakaū ana i te oranga ā-hinengaro, e whiwhi ai rānei te tangata, te whānau rānei ki ngā momo mahi tautoko e tika ana hei hāpai i tō rātou oranga ā-hinengaro, i tō rātou waiora hoki – kia whai tautoko anō hoki mō te mate petipeti me ngā momo pānga kino o te raukoti pūroi.
3. Ko ēhea ngā wāhi o te rautaki e tau pai ana ki tō ngākau, ko ēhea ngā wāhi nui rānei ki a koe? He aha ai?
4. He aha rā ngā āhuetanga hei whakarerekē kia tino whaihua te rautaki ki ngā tāngata me ngā whānau? He aha ai?
5. Ka oti te rautaki, ka whakatakotoria tētahi mahere mō te whakatinanatanga o ngā mahi. E toru tau te roa o te mahere tuatahi. He aha rā ngā mahi matua hei whakatutuki mā mātou i te toru tau e heke mai ana, e tino kitea ai ngā hua ki te te oranga ā-hinengaro me te waiora o te tangata, waihoki, ki te whakahekenga iho o ngā pānga kino o te raukoti pūroi me te mate petipeti. Whakamāramahia mai ō whakaaro.
6. Mēnā ka āhei koe ki te āta tautohu i tētahi mahi kotahi hei whakatutuki mā mātou e tino rongoa ai tātou i ngā hua hei te toru tau e heke mai ana, he aha oti taua mahi?
7. Kia āta mahi mātou i ngā mahi hou, i ngā mahi whaihua rānei, me mutu pea ētahi atu mahi. He aha rā hoki ngā mahi me mutu, me iti ake pea te mahinga kia āhei kē mātou ki te aro atu ki ngā mahi whaihua? Whakamāramahia mai ō whakaaro.
8. Kei te hiahia mātou ki te kite i ngā hua o ā mātou mahi mā te tangata. Me āta tirotiro, me ine, me whai rānei mātou i te aha e mōhio ai mātou ki ngā hua o te rautaki?
9. He whakaputanga whakaaro, he māharahara, he huatau rānei ōu?

Me whakautu noa mai i runga i ō ake mōhiotanga, i ngā wheako o te hunga e tautokona ana e koe, i runga rānei i ngā āhuetanga e kite atu ana koe ki roto i tō anō hapori.

Ehara i te mea me whakautu ngā pātai katoa. Ahakoa he iti, he pounamu.

Ka kati ngā tono kōrero ā te 18 o Mei 2026.

March 2026

HP 9164