



# Te Rautaki mō te Oranga ā- Hinengaro me te Waiora o te Tangata, 2026–2036

## He whakarāpopoto mō ngā tono kōrero

---

### Tukuna mai ō whakaaro

He whakarāpopoto tēnei o te tauira o te Rautaki mō te Oranga ā-Hinengaro me te Waiora o te Tangata, 2026-2036 (arā, ko te rautaki), kia whai māramatanga koe mō te rautaki, kia rangona hoki ō whakaaro. Kei te kimi mātou i ō whakaaro mō te rautaki mai i te 8 o Āperira ki te 18 o Mei. He mahere roa te rautaki e whakatakoto ana i ngā whakahaere a te pūnaha hauora hei te tekau tau e tū mai nei:

- kia manaakihia te hauora ā-hinengaro o te tangata
- kia atawhaingia te tangata me ngā whānau i te wā e tika ana
- kia heke iho ngā pānga kino o te auhi, o ngā mate warawara, o te mate petipeti me te raukoti pūroi.

### Kia rangona tō reo

Kei te tuwhera tēnei kōrero ki te katoa. He mea nui te mātauranga o te hunga kua pāngia, e pāngia ana hoki e ēnei āhuatanga pērā i ngā whānau, i ngā hāpori, i ngā pūkenga me ngā momo whakahaere. Kua āhuahia tēnei rautaki e ngā kōrero kua puta mai i ētahi atu huihuinga me ngā whiriwhiringa kōrero mō ngā take nui ki te tangata. Ināianei, kei te hiahia mātou ki ō whakaaro, hei whakapai ake i te rautaki, kia hua mai hoki tētahi mahere hei whakatinana i ngā mahi i ngā tau e toru e heke mai ana.

He whakamārama tēnei mō:

- ngā whakaaro matua kei roto i te rautaki
- ngā take tōmua e whā hei whakaū i ngā huringa
- te āhua o ngā rā ki tua mēnā ka tutuki pai ngā mahi a te rautaki.

Ehara i te mea me pānui koe te katoa o te rautaki kia whakapuaki koe i ō whakaaro. He whakarāpopoto tēnei hei āwhina i a koe ki te tuku mai i ō whakaaro.

## Ngā ara kōrero

He nui anō ngā ara kia tukuna mai e koe ō whakaaro. Whāia te ara e tika ana māu.

Arā:

- Whakakāia tētahi puka uiui ā-ipurangi
- Tikina ake te puka uiui i te ipurangi, ā, whakahokia mā te īmēra ki **mhasp.engagement@health.govt.nz**.
- Tūhono mai ki tētahi hui ā-ipurangi.
- Tāia te puka uiui, ā, tukuna mai ō whakautu ki a mātou ki:  
Mental Health and Wellbeing Strategy Consultation  
PO Box 5013, Wellington 6140.

Whāia te ara e tika ana māu.

Kei te pae tukutuku a te Manatū Hauora ētahi atu whakamārama mō ēnei kōwhiringa:  
**<http://www.health.govt.nz/mhws-consultation>**

Mēnā kāore e tika ana ēnei ara kōrero ki a koe, ki te hia āwhina rānei koe ki te tuku mai i ō kōrero, tēnā koa tukuna mai tō īmēra ki a mātou ki **mhasp.engagement@health.govt.nz**

## Kātahi ka aha?

I muri mai i te 18 o Mei:

- ka tirohia ngā kōrero katoa
- ka whakarāpopotohia ngā kōrero me ngā tāpaenga kōrero
- ka tahuri mātou ki te whakapai ake i te rautaki, ki te whakatakoto mahere hoki hei whakatinana i ngā mahi.

Ka pānuihia ngā kōrero mō te rautaki whakamutunga me ngā mahi hei whakatutuki tonu ki:  
**<http://www.health.govt.nz/mhws-consultation>**

# Te Rautaki mō te Oranga ā-Hinengaro me te Waiora o te Tangata, 2026–2036

Kei te whakatakoto te Rautaki mō te Oranga ā-Hinengaro me te Waiora o te Tangata (te rautaki) i te ara hei whakapai ake i te hauora ā-hinengaro me te oranga o ngā tāngata o Aotearoa i te 10 tau e heke mai ana. He rautaki tēnei nō tētahi huinga rautaki e ārahi ana i ngā mahi whakamāherehere, i ngā mahi haumi me te whakararanga atu o ngā mahi a te pūnaha hauora.

Kei te pūtake o ngā mahi te wawata nui 'Kia tika, kia hāngai ngā mahi tautoko ki ngā hiahia o ngā tāngata katoa o Aotearoa e ora nui ai rātou, e pai ai ō rātou hauora ā-hinengaro me tō rātou oranga hei painga anō mō te hauora ā-tinana'.

Ko tā te rautaki:

- he tiroiro i te kaha o ngā mahi a te pūnaha i tēnei wā
- he whakaahua i ngā huringa me ngā taupā e haere mai ana
- he whakamārama i ngā mea hei whakapai ake kia pai ake ai ngā hua

Ka noho ngātahi tētahi **māhere mahi** me te rautaki. Ko te mahere te whakatinanatanga o ngā whakaaro kei roto i te rautaki.

Ehara i te mea mā te pūnaha hauora anake tēnei mahi hei whakatutuki. Kei te whakatakoto hoki te rautaki i ngā mahi nui:

- a ētahi atu tari kāwanatanga
- a ngā whānau katoa
- a ngā iwi me ngā hoamahi Māori
- a te hapori me ngā rōpū tūao
- a ngā pakihi me ngā wāhi mahi.

Māt te mahi ngātahi ka pai ake te oranga ā-hinengaro me te waiora o ngā tāngata katoa.

## Ngā take tōmua e whā

Kei te aronui te rautaki ki ngā take tōmua e whā. Mā ngā whakapaunga kaha ki ēnei take, ka kitea ngā huringa nui.

Anei ngā whāinga tōmua:

- me hāngai ake te titiro ki te kauparetanga atu o ngā mate me ngā wawaonga reremua
- me whakawātea te ara ki ngā mahi tautoko me ngā ratonga mō te oranga ā-hinengaro me te mate warawara
- me whakatipu ake, me hāpai te kāhui kaimahi o te rāngai hauora ā-hinengaro me te mate warawara
- me whakapai ake te kounga me te whaihua o ngā mahi whakamaimoa ki te hunga e pāngia ana e te mate hinengaro me ngā mate warawara.

Kei tēnei whakarāpopoto ngā whakamārama mō ia take tōmua:

- ko te hiranga o te take
- ko ngā hua ā ngā rā ki tua
- ko ngā tūmahi matua e whakaahuahia ana ki roto i te rautaki.

## **Whāinga tōmua 1: Te kaupare me ngā mahi hāpai reremua**

Ko te aronga nui o tēnei whāinga, kia wawe ngā mahi tauawhi hei kaupare atu i ngā raruraru, kia kore hoki e piki ake te nui o te raruraru. Ko ngā aronga ēnei:

- ko te whakatairangatanga o te oranga ā-hinengaro
- ko te whakahekenga iho o te pānga o te auhi, o te mate warawara, o te raukoti pūroi me te mate petipeti
- ko te mahinga ngātahi o ngā rāngai mahi hei hāpai i te noho haumaru me te oranga o te tangata.

He mea nui anō kia tauawhitia te tangata i tōna ohinga me te wā o ngā huringa nui o tōna oranga.

### **He tirohanga whakamua**

- Kei te kaha hāpaitia te oranga hinengaro ki ngā wāhi noa o te tangata, pērā i te kura, i te wāhi mahi me ngā hapori.
- Ka āwhinatia wawehia te tangata i te wā o ngā huringa nui o tōna anō oranga, inarā, ko te hunga tamariki me ngā rangatahi.
- Kei te tangata, kei ngā whānau me ngā hapori ngā rauemi, ngā pūkenga me te māia ki te hāpai i tō rātou anō oranga, ki te tautoko hoki i ētahi atu..
- Kei te mahi ngātahi te pūnaha hauora ki ētahi atu rāngai ki te whakapai ake i ngā āhuatanga o te pāpori, o te ao ōhanga, o ngā tikanga whakahaere tangata me tōna taiao ki te tautoko i te oranga o te hinengaro.

### **Ngā tūmahi rautaki**

1. Whakapakarihia ngā hōtaka e whakatairanga ana i te oranga, whakapikihia ake te māramatanga ki te hauora ā-hinengaro, ki te mate warawara, ki te mate petipeti me ngā pānga kino o te raukoti pūroi. Me aronui ki ngā mahi e whai hua ana ki ngā hapori e kaha pāngia ana e te auhi me ēnei raruraru.
2. Me whakamāmā ake te ara, kia wawe anō hoki te toronga atu ki ngā mahi āwhina i te pānga tonu atu o te mate hinengaro, o te raukoti pūroi, o te mate petipeti hoki rānei..
3. Me kaupare atu te whakamomori, me tautoko te hunga e pāngia ana e te whakamomori, me whakaheke anō ngā pānga kino o te kai rauhea, o te inu waipiro me te mate petipeti mā ngā hōtaka whai-taunaki.
4. Me whakatipu ake ngā kaihāpai ā-rohe hei āwhina i te hunga hapū me ngā mātua o ngā kōhungahunga ki te hāpai i ō rātou oranga hinengaro, ki te tautoko i ngā whānau e rongō ana i ngā taumahatanga o te mate hinengaro, o te mate warawara rānei.

5. Whakapikihia ake te nui o te tangata e toro atu ana ki ngā momo mahi tautoko mā te tamariki me te hunga rangatahi i ngā tau me ngā wā nui ki a rātou.
6. Me mātua tautoko te hunga e whai ana, e puta atu ana rānei i ngā ratonga hauora ā-hinengaro me ngā ratonga mate warawara i ngā momo āwhina nui pērā i te whare me te mahi..

## **Whāinga tōmua 2: Me whai tautoko, me whiwhi ratonga āwhina**

Ko te aronga nui o tēnei whāinga, kia māmā ake ai te whiwhinga atu o ngā mahi tautoko, ahakoa kei hea te tangata e noho ana. Ko ngā ratonga te aronga nui, arā:

- kia māmā ake te toronga atu
- kia pai ake ngā hononga
- kia hāngai ake ngā mahi ki ngā hiahia o te tangata
- kia taurite ake ngā mahi puta noa i te motu nei.

### **He tirohanga whakamua**

- Kei te whakawhiwhia ngā tāngata ki ngā mahi tautoko tika i te wā tika.
- Kei te tuituia ngā momo ratonga rerekē i ngā wā rerekē o te oranga o te tangata.
- Kei te whakawhiwhia te hunga e pāngia ana e ngā momo mate huhua/tuatini rānei i ngā momo tautoko e tika ana mā rātou anō.
- Kei te whakawhiwhia ngā hapori e whai ana i ngā momo hiahia motuhake ki ngā mahi tautoko e tika ana mā rātou, ā, kei te tautokona hoki rātou ki te tiaki i ō rātou ake hauora ā-hinengaro.
- Kei te whiwhi te tangata ki ngā momo ratonga e whāia ana e rātou, ahakoa kei hea rātou e noho ana.

### **Ngā tūmahi rautaki**

1. Whakawhānuihia ake ngā momo mahi tautoko kei roto tonu i te hapori, ā, me whakapai ake ngā ara ki ngā momo ratonga katoa hei āwhina i te oranga ā-hinengaro me te mate warawara.
2. Whakapikihia ake te nui, te haumaruru me te whaihua o ngā momo mahi tautoko ā-hiko, waihoki ko te hauora ā-waea.
3. Me haumaruru, me whai māramatanga ki te mate kohuki, me tuwhera, me whai tikanga tōtika, me whaihua tonu ngā ratonga katoa ki ngā hiahia motuhake o te tangata.
4. Me atawhai ngā tāngata e whai ana i ngā momo ratonga rerekē.
5. Me mahi ngātahi kia mārama, kia tautika ngā mahi haumanu, me whakawhanake tonu, me whakatū ki ngā rohe katoa o te motu whānui..

## **Whāinga tōmua 3: Te Kāhui Kaimahi**

Ko te pūtake o tēnei whāinga, kia tika te nui o ngā tāngata e mātau ana ki te hāpai i te oranga ā-hinengaro me ngā momo mate warawara. Ko te aronga matua kia manaakihia, kia māia anō ngā kaimahi e tutuki pai ai ā rātou mahi.

## He tirohanga whakamua

- He nui ake te kähui kaimahi e mātau ana ki ngā momo pūkenga rerekē, e manaaki ana i ngā tātanga i runga i te ngākau tuwhera me ngā tikanga tōtika mā te tangata e tiakina ana e rātou..
- He nui ake ngā tūranga mahi mā ngā hoamahi me te hunga kua pāngia, e pāngia tonu ana hoki e ēnei momo āhuatanga..
- Kei te tautokona ngā kaimahi, kia pūmau tō rātou hauora, kia haumaruru hoki rātou – hei āwhina i ngā ratonga ki te kimi, ki te pupuri anō i ngā kaimahi.
- Kei te whakatutukihia ngā hiahia o ngā tātanga ahakoa ngā huringa o te wā.
- Kei te tiakina te hauora o te tangata e ngā kähui kaimahi, arā, ko te taha hinengaro, ko te taha tinana me te taha whānau.

## Ngā tūmahi rautaki

1. Whakatipuhia ake te kähui kaimahi, arā, kia nui ake ngā ara whakangungu, ngā tūranga mā ngā tauira me te hunga e ako ana. Kia tika ngā mahi ārahi, kia āta kitea hoki ngā momo ara mahi mā ngā kaimahi.
2. Me whakawhānui ake ngā momo tūranga mahi e tautoko ana i te hauora ā-hinengaro, i ngā mate warawara me te hauora. Me hāpai ngā pūkenga katoa o ngā kaimahi ki roto i ā rātou mahi..
3. Me whakapakari te kähui kaimahi mā ngā momo mahi whakangungu e hāpai ana i ngā mahi maimoa, kia ea ai hoki te hiahia ki ngā mātanga motuhake, kia ngāwari, kia hāngai hoki ngā tikanga mahi ki te ahurea o te tangata.
4. Me whakapiki ake te hiahia me te roa o te noho o te kähui kaimahi ki ā rātou tūranga i runga i te pai o ngā wāhi mahi e hāpai ana i te hauora ā-hinengaro me te mate warawara.
5. Me whakawhanake ake tētahi kähui kaimahi e whakaata ana i ngā iwi e tautokona ana e rātou..
6. Whakapakarihia ake ngā mahi māherehere, ngā mahi whakariterite me te tautoko mā ngā kaimahi e takea mai ana i te iwi whaiora, i ngā hoa tautoko me te hunga kua pāngia e aua mate, kia nui ake te wāhi ki ā rātou huri noa i te pūnaha nei.
7. Tautokona ngā kaimahi hauora me ngā kaimahi a ngā ratonga pāpori ki te whakapakari ake i ngā pūkenga tōtika, kia kite rātou i ngā hiahia o te hunga e pāngia ana e ngā mate ā-hinengaro, e ngā mate warawara rānei e whai oranga ai rātou, ā, kia tika hoki ā rātou mahi.

## Whāinga tōmua 4: Te whaihua

Ko te pūtake o tēnei whāinga kia pai ake te kōunga me te haumaruru o ngā mahi maimoa a te rāngai hauora ā-hinengaro me te mate warawara. Kei te aronuitia ngā mahi whakamaimoa:

- e whakapono nuitia ana e te tangata
- e hāpai ana i ngā mōtika o te tangata
- e arahina ana e ngā wheako o te hunga whaiora
- e whakapau kaha ana ki te ako, ki te whakapiki ake tonu i ngā hua.

## He tirohanga whakamua

- Ka rongo ngā tāngata ki ngā hua o tētahi pūnaha hauora ā-hinengaro me ngā mate warawara e hāpai ana i te noho haumarū, he pūnaha whaihua, he pūnaha manaaki e hāpai ana i ō rātou mōtika tangata.
- Kua whakapūmauhia ngā mōhiotanga o te hunga kua pāngia e ēnei āhuetanga me ō rātou kaitautoko ki ngā taumata katoa, ā, he rite tonu te mana o aua pūkenga ki ērā o ngā mātanga hauora e tika ai ngā mahi whakamaimoa, e noho hoki ai te tangata ki te pūtake o ngā mahi.
- Kua kōtuia ngā taura here o te pūnaha, ā, kei te whakapakarihia ngā mahi e ngā kōrero taunaki, e ngā rangahau me ngā wheako o te tangata. He pūnaha ngāwari hoki, ki te huri ngā hiahia o te tangata me ngā āheinga o te ao hangarau, ka huri hoki te pūnaha.

## Ngā tūmahi rautaki

1. He whakatū i ngā pūnaha māia e whakamana ana i ngā wheako o te hunga kua pāngia e ēnei āhuetanga, ki ngā taumata mahi katoa. Kia whai wāhi mai ngā tāngata, ngā whānau me ngā hapori ki te whakahoahoatanga me te whakaratonga atu o ngā momo tautoko me ngā mahi āwhina.
2. He whakapau kaha ki te whakaheke i te whakapae kanohi me te whakahaweā, ki te whakapiki ake i ngā putanga mā ngā tāngata e whakataumahahia ana e ngā mate hinengaro me ngā mate warawara.
3. He whakapai ake i te kounga o ngā raraunga kia āta mārama ai ngā mea e whaihua ana me ngā āhuetanga hei whakarerekē.
4. He whakapakari i ngā raraunga e pā ana ki te taupori, ki te nui o te pānga o ngā mate me te hauora kia whakaata mai te tahua pūtea me ngā ratonga i ngā hiahia o te hapori.
5. He whakapai ake i te haumarū me te kounga o ngā mahi whakamaimoa ā-ture, kia heke iho te nui me te roa o ngā mahi ā, kia mutu te noho taratahi me ngā momo herehere ā-tinana.
6. He tahuri ki ngā pātuinga ā-pūtea hei tautoko i ngā ratonga ki te whakaea i ngā hiahia o ngā rohe, ki te whakapakari hoki i te kaha ki te whai haere i ngā hua.
7. He whakapai ake i te haumarū me te kounga o ngā whare hauora ā-hinengaro me ngā whare patu mate warawara.
8. He whakakaha ake i te kitenga atu o ngā momo rangahau hou, waihoki ko ngā mōreareatanga me ngā take e āta puta mai ana, kia tautokona hoki te pūnaha me ngā kaimahi ki te āta whakautu i aua take.

## E whakaū ana i te rautaki

He whakarāpopoto tēnei o ngā ariā matua kei roto i te tauira o te Rautaki mō te Oranga ā-Hinengaro me te Waiora me ngā whāinga tōmua e whā hei whakatutuki.

Hui katoa mai, e whakaatu ana ēnei whāinga tōmua i te ara ki tētahi pūnaha hauora e āta tautoko ana i te hauora ā-hinengaro me te oranga tangata hei te ngahuru tau e heke mai ana:

- kia tautokona wawetia ngā tāngata
- kia tuwhera ake te kūwaha ki ngā momo ratonga
- kia tipu te kāhui kaimahi

- kia pai ake ngā hua o ngā mahi whakamaimoa.

## **He mea nui ō whakaaro**

Mā tēnei rautaki ngā mahi a te pūnaha hauora e arataki, kia tautokona te oranga ā-hinengaro me te waiora o te tangata hei ngā 10 tau e haramai ana. He mea nui kia tika ngā mahi. Kei te hiahia mātou ki te rongō i ngā take nui ki a koe. He aha rā pea ngā mahi ka whaihua? He aha ngā mea hei whakapai ake? He aha rā ngā āhuatanga me mātua whakatikatika? Mā ō kōrero ka pakari ake te rautaki whakamutunga, ka aratakina hoki ngā mahi whai muri mai.

Ka kati ngā tono kōrero mai i te iwi whānui hei te 18 o Mei. Tukuna mai ō whakaaro.

March 2026  
HP 9164