

Te Whatu Ora

Health New Zealand

Te Manawa Taki Mental Health & Addiction Wellbeing Regional Network

Te Manawa Taki Mental Health & Addiction Wellbeing

March Special Edition Newsletter 2023



Director Regional Mental Health & Addiction Update



Kia ora, Talofa Lava and Greetings

It is with pleasure that we provide the March Special Edition Newsletter for your information and action. Thank you to all of you for sending information through to include in our Special Editions.

If you have anything that you think we can include in our Newsletters please do not hesitate to contact us.

Nga mihi mahana
Eseta

PRIMHD Update

PRIMHD Mapping Document need to updated annually, for new contracts, to close PRIMHD teams, if you move address or there is some other change. Let me know if you would like me to do this for you, or would like assistance in learning how to do this.



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www.midlandmentalhealthnetwork.co.nz



Workforce Update

2022 Skills Matter student feedback results

Skills Matter is a workforce development programme that, on behalf of Te Whatu Ora Health New Zealand, funds programme providers to deliver post-entry clinical vocational training to mental health and addiction clinicians. The latest report contains the overall student survey results and analysis for all 12 programmes. Overall, students experienced higher levels of programme satisfaction, compared to the two previous years. However, they increasingly find balancing work, life and study challenging. Students overwhelmingly feel that the learning directly improves the quality of support they provide and increases their job satisfaction. Students have provided insightful feedback on how providers and employers can consider changes to better manage student expectations and experience.

[2022 Skills Matter student feedback results | Te Pou](#)

2023 Diversity Awards NZ™ - entries are now open.

The Diversity Awards NZ™ are the most significant awards programme in Aotearoa New Zealand to celebrate excellence in workplace diversity, equity and inclusion. Enter this year to showcase the mahi you are doing to put people at the heart of your organisation, creating better outcomes for our economy and our communities. Head to the About Our Awards page for information on the categories, judging criteria and how to enter. **Entries close 3pm, Tuesday 2 May**
[About our Awards - DiversityWorks \(diversityworks.org.nz\)](https://diversityworks.org.nz)

Becoming a Support Worker

After leaving a high-pressure sales job, Alex discovered a new life as a mental health and addiction support worker. He's now supporting Chris to lead an independent life.
<https://youtu.be/uKdtK-Sjo9s>

Best-practice responses to crisis and adversity

TheMHS is holding a forum on 21 and 22 March entitled "From the Margins to the Mainstream: How to harness innovation to create best practice responses to crisis and adversity." The forum will provide State of the Nation Suicide Prevention updates from Australia and Aotearoa New Zealand, taking stock of where each country is leading us. There is a virtual streaming channel option if people are unable to travel to Sydney for this event.
<https://tepou.us6.list-manage.com/track/click?u=1e5eb2308a&id=b715ba6212&e=1381c46d9a>

Career pathways – mental Health & Addiction

- What skills do you need?
- What does the job involve??
- What roles are available?

[Addiction & Mental Health | Jobs In Mental Health NZ | Careers \(lifechangingcareers.org.nz\)](#)

Changes for proof of identity requirements for training

The Tertiary Education Commission (TEC) have made changes around proof of identity requirements to enrol in a training programme. These changes take immediate effect. As a result, when you are submitting new training agreements, we are no longer able to accept driver licences as identification when learners are enrolling into Careerforce programmes. We also now require certified copies of acceptable forms of identification. Employers are no longer able to verify a learner's identification. To be accepted as verified document(s), these now need to be signed and dated by a person authorised to take declarations. Use the link below to read the full information.
[Other valid domestic enrolments | Tertiary Education Commission \(tec.govt.nz\)](https://tec.govt.nz)

Employee Rights Pamphlet – Domestic Violence Victims Protection Act 2018

Free PDF download. Info from MBIE, Human Rights Commission and Shine about new legal protections at work for people affected by domestic violence – new paid leave, short-term flexible working and non-discrimination.

[Employee Rights Pamphlet - Domestic Violence Victims Protection Act 2018 | Shine \(2shine.org.nz\)](#)

Equally Well Champions: Online 'lunchtime' Meet Up

These informal online hui are for any Equally Well champions who are keen to continue strengthening our collaborative through participation of action hubs, sharing ideas, good practice and catching up informally with fellow champions. We're calling on people and organisations to use your influence in finding solutions that will achieve physical health equity for people who experience mental health and addiction issues. We know that by working together, we can create lasting change! Whether you're new to Equally Well or been a champion for many years, it doesn't matter. Everyone makes a difference.

[Equally Well Champions: Online 'lunchtime' Meet Up | Te Pou](#)

Experiencing burnout? Here's what to do about it

If the two years of rolling COVID-19 lockdowns followed by other disruptions have left you feeling like you're reaching the limits of your ability to cope, take heart: you're not alone. According to the World Health Organization, burnout is an 'occupational syndrome', which means it's often linked to work; however, new research from the Black Dog Institute and the UNSW School of Psychiatry found that it can also impact people undertaking unpaid home or care duties as well.

In short, anyone can experience burnout, although not everyone will – researchers now believe that some personality types are more prone to burnout than others.

[Experiencing burnout? Here's what to do about it - Black Dog Institute](#)

Fight fatigue with Dr Fiona's S-Plan

Use our framework to help understand these 5 different ways to fight fatigue. This poster is a great reminder to hang up and trigger your memory, with 5 easy to follow steps.

<https://groovnow.us4.list->

[manage.com/track/click?u=d5987e6908b301f667467a38e&id=b177bc816f&e=45bc969e4f](https://groovnow.us4.list-manage.com/track/click?u=d5987e6908b301f667467a38e&id=b177bc816f&e=45bc969e4f)

Find a Supervisor – working with youth

Finding the right supervisor can feel like a blind date! Our directory of external supervisors is designed to support people who work with young people to find and engage with a supervisor that matches the needs of the season they are in.

[Find a Supervisor - Ara Taiohi](#)

Five smooth stones

This blog about dealing with depression and post-traumatic stress was written by former police officer Nigel Fawcett-Jones. Nigel is now a volunteer Police Chaplain and the UK manager of the Billy Graham Rapid Response Team, a team of crisis trained chaplains.

[Five smooth stones | Good Thinking \(good-thinking.uk\)](#)

Funding to support employers is available until December 2023

A reminder that Apprenticeship Boost remains available to employers of qualifying apprentices until 31 December 2023.

[Apprenticeship Boost - Careerforce - Qualifications for Life. Skills for Good](#)

Good news for our nursing workforce

Te Whatu Ora completed almost all pay equity payments to eligible nurses. This marks a significant milestone and a huge piece of work for our payroll teams – ngā mihi nui. For more information, please take a look on the Te Whatu Ora website and your local intranet

[Building the future of health – Te Whatu Ora - Health New Zealand](#)

Gordon Parker: Developing a better understanding of burnout

This Radio NZ interview is with Australian psychiatrist and author Gordon Parker who notes the dangers of burnout – a stress-based condition related to overwork – are too often disregarded.

<https://www.rnz.co.nz/national/programmes/sunday/audio/2018878487/gordon-parker-developing-a-better-understanding-of-burnout>

He Paiaka Tōtara

Sustainability for the growing number of Māori psychologists depends on a resilient system that reflects the centrality of Māori knowledge, tikanga, kawa and moemoeā.

[About Us | He Paiaka Tōtara \(hepaiakatotara.org\)](#)

How to celebrate Pride at your workplace

Recognising Pride at work is a great way to show support for the LGBTQ+ community and promote an inclusive work environment.

[How to celebrate Pride at your workplace in 2023 — Groov | Workplace Mental Wellbeing Platform \(groovnow.com\)](#)

Importance of self-care planning

Self-care is an important part of daily life. It is often the first thing that gets sacrificed when life is busy and stressful, and people often think that taking time for themselves seems indulgent. But looking

after your own wellbeing will help you get through challenging times, and will help you to better care for others.

[Importance-of-selfcare-planning.pdf \(blackdoginstitute.org.au\)](#)

International Forum on Quality and Safety in Healthcare | Wānanga ā-Ao mō te Kounga me te Haumarū o te Tauwhiro, 30 October and 1 November 2023, Melbourne

The Institute for Healthcare Improvement and British Medical Journal will bring their combined experience and expertise to deliver an inspiring conference for those passionate about improving outcomes for their patients and communities. Between 30 October and 1 November 2023 the International Forum on Quality and Safety in Healthcare in Melbourne will focus on the key themes in health and care in Oceania while bringing in perspectives and knowledge from around the world.

[International Forum on Quality and Safety in Healthcare in Melbourne 2023 | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

Ki Te Hoe – Supporting Māori Aspirations

Ki te Hoe is a partnership between Philanthropy New Zealand | Tōpūtanga Tuku Aroha o Aotearoa, and Tūmanako Consultants Haimona Waititi and Kate Frykberg. The partnership aims to build funder capacity to support Māori aspirations in a mana-enhancing way. The Ki te Hoe Capability Building Framework provides practical pathways to respond to the expressed desire of many in the funding sector to:

- build their understanding of both Te Ao Māori and Te Ao Pākehā
- better support Māori aspirations in a mana-enhancing way
- contribute to building a flourishing nation.

[Ki+te+hoe+-+V6+\(3\).pdf \(squarespace.com\)](#)

Korowai Tupu

Korowai Tupu is the Professional Association for Youth Work in Aotearoa. Become a registered member of your profession and take your professional practice to the next level.

[Apply for membership - Ara Taiohi](#)

Lived Experience leadership – online training

Rākau Roroa is an online training programme created by Changing Minds and led by Lived Experience. Rākau Roroa draws on wisdom from over 20 years of social justice knowledge, consumer movement history and research on ‘what works’ to dismantle prejudice and discrimination and grow compassionate, skilled Lived Experience leadership. Once you complete your Rākau Roroa training you’ll become a Tall Tree and part of this special community of New Zealanders we colloquially call our “forest”. Becoming a Tall Tree means you join our grassroots social movement to nurture and amplify the Lived Experience voice.

[Online application criteria 2022.pdf \(rakauroroa.nz\)](#)

[Rākau Roroa - Changing Minds \(rakauroroa.nz\)](#)

Looking out for friends and colleagues at work

Good Thinking's quick guide to supporting people you work with who may be struggling with their mental health.

[Looking out for friends and colleagues at work guide_c6ee3e3d3e.pdf](#) ([goodthinking-strapis3.eu-west-2.amazonaws.com](#))

Multi-agency collaboration - 23 March 2023 1-2pm

Join us to hear from police, ambulance, mental health, leaders and team members about how the co-response model to 111 mental health crisis calls was developed and the difference it is making in Whanganui-a-Tara, for whai ora, whānau and the way the team operates with greater cohesion and collaboration. Nationally we know crisis models are challenging, so join us to hear directly from the teams how this independently evaluated model offers valuable learnings and solutions.

[Meeting Registration - Zoom](#)

New Equally Well website is coming soon

The Equally Well backbone team is delighted to announce that our new website will officially be launching at the end of March. To share in this exciting moment, we would like to invite everyone in the collaborative to a special online 'lunchtime' meet up on Tuesday 28 March at 11am to 12pm. Alongside unveiling the new website, the meet up is also a great opportunity to hear what's top of mind for everyone. We would love for you to join!

[Equally Well Champions: Online 'lunchtime' Meet Up | Te Pou](#)

New system for student placements

Te Whatu Ora and Te Aka Whai Ora are partnering with the education sector to develop a better system to coordinate student placements in Aotearoa. This new system will help to grow the skilled, sustainable, diverse and responsive health workforce Aotearoa needs for a healthy future.

[A new system for student placements – Te Whatu Ora - Health New Zealand](#)

Ngā Taonga Sound & Vision Case Study: Introducing a new way of working

Supporting employee wellbeing sometimes involves throwing out the rulebook and trying something new and innovative. Read the case study below to find out how Ngā Taonga Sound & Vision redefined work by putting wellbeing first.

[Ngā Taonga Sound & Vision Case Study: Introducing a new way of working | Umbrella Wellbeing Ltd](#)

NZCSSS Workforce Guide

Designed to support understanding of the variety of roles across the social, community and health workforce.

[NZCSSS-Workforce-Guide-November-2022.pdf \(nzccss.org.nz\)](#)

Online registrations for this year's Voluntary Bonding Scheme are now open – they close Sunday 2 April 2023.

The Voluntary Bonding Scheme is a Te Whatu Ora initiative to encourage newly qualified health professionals to work in the communities and specialties that need them most. It supports the need to keep our essential health professionals in New Zealand and aims to increase Māori and Pacific peoples across the health workforce. Those on the scheme receive annual payments to help repay their student loan or as top-up income, to lift the numbers of staff in eligible hard-to-staff communities and specialisations.

[Voluntary Bonding Scheme – Te Whatu Ora - Health New Zealand](#)

Open Minds - A Guide for Managers

The guide provides information and guidance for managers to support someone experiencing mental distress, with the aim to retain them in the workforce.

[Open Minds - A Guide for Managers | Mental Health Foundation](#)

Please use up to date Training Agreements

Careerforce Training Agreements have been modified to include these changes. When enrolling learners into new programmes, please ensure that you use the most up to date Training Agreement and Standalone Unit Standard Application. As important changes have been made, old version Training Agreements may be returned.

[Forms - Careerforce - Qualifications for Life. Skills for Good](#)

Quality Improvement Scientific Symposium 2023 | Tuwhera ana ngā rēhītatanga mō te Wānanga Pūtaiao Whakapai Kōunga 2023 – 8th Nov, Auckland

The Commission is hosting its eighth scientific symposium for health care quality improvement practitioners on 8 November 2023 in Tāmaki Makaurau Auckland. The theme for the 2023 symposium is 'Whole-systems quality: Better together'. The call for abstracts will go out on 1 May 2023.

<https://healthqualitysafetycommission.cmail19.com/t/y-l-nukklty-ihhkikijr-n/>

Verdict is in – our relationships make us happier and healthier

The latest science investigating the best way to improve long-term health is out, and it is good news – good relationships are the key driver for both our physical and mental wellbeing over our lifetimes. The data has come from the Harvard Study of Adult Development, the longest scientific study of happiness to date. In a new book, the lead psychiatrist Robert Waldinger describes his conviction that the “formula” for both health and happiness hinges on positive relationships.

[The verdict is in – our relationships make us happier and healthier | Umbrella Wellbeing Ltd](#)

Ways to Relieve Stress as a Manager

Supervising the daily tasks of your employees can be overwhelming. But setting boundaries and knowing when to take a break can help.

Being in a leadership position at work can be stressful. Burnout is common among managers and supervisors. When stress isn't handled correctly, it can have a negative effect on your mental and physical health. It can also strain your relationships — both in the workplace and at home.

If you're a supervisor or manager, learning to cope with stress at work can benefit your health, your work performance, and your relationships.

[7 Tips to Manage Stress from Being a Supervisor | Psych Central](#)

Work friendships: Good for you and good for business?

Our team was recently approached by The Project to comment on the importance of having friends at work. As a topic that is often neglected, we decided to continue the conversation here – and share our tips for cultivating strong relationships at work. Check it out.

[Work friendships: Good for you and good for business? | Umbrella Wellbeing Ltd](#)



Professional Development

Coercive Control Awareness, Practice Guidelines and Tools to inform family violence responsivity – online

Te Aorerekura Framework - Covers Aspects of Kaitiakitanga, Mahi Tahī and Ora to support Principle 5: Kōi Mahi. This is a 1 x 3 hour online workshop. \$75 + GST

[ONLINE - Coercive Control Awareness, Practice Guidelines and Tools to inform family violence responsivity \(eclipsefamilyviolenceservices.co.nz\)](#)

E-learning module about human factors available free for health care professionals | He kōwae I-ako mō ngā āhuatanga tangata utu kore nei mō ngā ngaio tauwhiro

The Commission has released a new free e-learning module on Human Factors | Ngā Āhua Tangata in health care. The module includes seven videos featuring professionals who use Human Factors in their day-to-day work. It can be accessed through the Commission's website and via LearnOnline.

[E-learning module: Human Factors | Ngā Āhua Tangata | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

I will always remember how you made me feel (4 minutes)

Korōria Johns talks about service delivery from the perspective of a lived experience advisor.

<https://youtu.be/5iZDFt7vZOW>

Kēmu Māori Health Daily Quiz

Think you know your stuff about health? What about Māori health?

Test your knowledge on our Kēmu quiz generator and prove you know your stuff!

[Kēmu - Te Rau Ora](#)

Kia Noho Rangatira Ai Tātou Online Workshop - April 2023

Kia Noho Rangatira Ai Tātou is a unique education programme that was developed by Te Pou and the Disabled Persons Assembly. The programme puts human rights for disabled people and the Disability Convention into a New Zealand cultural context. This 10-hour online workshop series will be held over four 2.5 hour modules. You need to register to attend.

[Kia Noho Rangatira Ai Tātou Online Workshop - April 2023 | Te Pou](#)

LGBT Older People and Homelessness – recorded webinar

The Australian webinar focuses on the report Out of the Closet, Out of Options: Older LGBT people at risk of homelessness.

- Unique challenges in relation to housing for Older LGBT people
- Overview of survey and interview findings, and differences across L, G, B, and T communities
- Discussion of intersecting vulnerabilities
- Recommendations for policy and practice

https://youtu.be/ky_xdCl9Jo8

Mana Mahi resource for Te Tiriti Policies

This guide outlines some of the information organisations will need and sets out some tools, including an example of a Te Tiriti policy and a checklist to help organisations develop their own.

[MatikeMaiAotearoa25Jan16.pdf \(nwo.org.nz\)](#)

Navigating Youth Work Ethics Cards

Aotearoa based ethical scenario cards designed to support you to kōrero about ethical possibilities and to enhance your ethical practice.

[Navigating Youth Work Ethics Cards - Ara Taiohi](#)

New drug checking training tools available

Upskilling the drug checking workforce will soon be easier thanks to a suite of new training tools. A new online resource, dubbed the Drug Checking Training Hub, has been launched. It will let drug checking trainees access tools to support their learning and practice. The short interactive resources, funded by Te Whatu Ora, are designed to help new staff and volunteers learn the basics of drug checking in Aotearoa New Zealand.

[Welcome to the Drug Checking Training Hub! - Know Your Stuff NZ](#)

NZ Diploma in Child Protection

Child Matters offers this Level 5 training which aims to contribute to the prevention of child abuse and neglect by promoting the rights of tamariki and rangatahi through child-centred practice and advocacy. Students are encouraged to become child protection champions and are able to take proactive leadership roles in their organisations and communities regarding child protection issues. We recommend organisations identify key people to complete the Diploma programme who can then give guidance and support to other staff.

[Diploma in Child Protection Studies \(childmatters.org.nz\)](https://childmatters.org.nz)

Online learning module for domestic violence and the workplace

This module is a collaboration between Westpac and Shine, designed to help New Zealanders better understand the issue of domestic violence and how it can impact on the workplace, and learn how to help colleagues who are experiencing, or perpetrating, domestic violence.

The module takes roughly 1 hour to complete. We hope that this module will help educate and inspire you. We would love to get your feedback on the module, and there is an opportunity at the end for you to do this.

[Workplace Online Learning Module | Shine \(2shine.org.nz\)](https://2shine.org.nz)

Pinepine Te Kura (Precious Little Child) 27 - 28 April 2023

2 day workshop, Tauranga. This workshop centres the mana and wisdom of our pēpi / tamariki and rangatahi within the context of violence – both seen and unseen. \$100.

[Pinepine Te Kura - Precious Little Child Tickets, Thu 27/04/2023 at 9:00 AM | Eventbrite](https://www.eventbrite.com/e/pinepine-te-kura-precious-little-child-tickets-tue-27-apr-2023-71881021434)

Postgraduate Violence Prevention 2023 - University of Auckland

Enrolments for Semester (2023) have now closed. Any questions, contact [Janet Fanslow](mailto:Janet.Fanslow@universityofauckland.ac.nz)

[SPH-Violence-Prevention-Flyer-2023.pdf \(nzfvc.org.nz\)](https://www.universityofauckland.ac.nz/~postgrad/vp2023/flyer.pdf)

RAW - Reclaim Another Woman

RAW provides a boutique model of care that supports community reclamation and integration for previously incarcerated women with high and complex needs. RAW's mahi endeavours to break the cycle of a normalised incarceration pathway and has now supported the integration journeys of more than 85 wāhine and women. Surrounding women with histories of serious offending with the skills, confidence, and support networks that they need to turn a life of crime into a life of promise.

[Posts - Whāriki \(whariki-ao.nz\)](https://www.whariki-ao.nz)

Trauma Informed Care

A webinar that helps your services and staff move towards becoming more trauma-informed in the way you support people who have experienced trauma.

<https://youtu.be/G5sCTksfDmk>

Understanding Trauma

In this webinar Dr Chris Bowden highlights the importance of raising awareness of the prevalence of trauma and the way it affects people in society. How people respond to trauma has a very significant influence on their health and wellbeing.

We don't often make the connection between trauma and the symptoms of trauma. We focus on the outcomes of the trauma, but we don't address the trauma.

<https://youtu.be/IN4ThBj5Bh4>

Violence and Trauma Studies - AUT

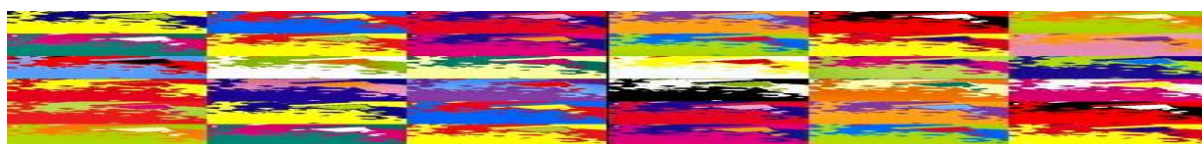
AUT has postgraduate study options in, including the Postgraduate Certificate in Health Science. You'll explore Māori and Western approaches to healing from violence and trauma, and develop a robust structural analysis of violence and the wider operations of power in society. Courses are taught in two block courses, usually run in March and August each year.

[Violence & Trauma Studies - Postgraduate Certificate - AUT](#)

Working with Trauma

A webinar that explores how professionals can work effectively with people who have experienced trauma.

<https://youtu.be/-bu-QcFz8hA>



Resources

10 commons signs that love is not love

“Violence and control are not love – everyone deserves to be treated with dignity and respect. When you are unable to disagree with anything your partner says, it’s not love. And it’s not love when your partner says ‘I want to spend every second with you’ and then stops you seeing your friends and family; or says ‘You’re my queen’ then puts you down in front of friends,” “Family violence is not only physical violence. Controlling someone, threatening them, limiting what they do, insulting them, isolating them and humiliating them are all forms of family violence and are all dangerous.”

[10 commons signs that love is not love | Shine \(2shine.org.nz\)](#)

10 essentials for gender and age-sensitive media reporting of violence against girls

This brief is a resource that lays down key principles and recommendations for journalists, editors, news media agencies, governments, and international organizations to ensure gender and age-sensitive reporting of violence against girls.

[Brief-10-essentials-for-gender-and-age-sensitive-media-reporting-of-violence-against-girls-en.pdf](#)
([unwomen.org](#))

12 tips for communicating with Deaf people accessing your services

Communication barriers are the number one reason Deaf people have had poorer health compared to hearing people.

[12 tips for communicating with Deaf patients - SignHealth](#)

1737 in sign language

Short video explaining 1737 Need to Talk services in sign language

https://1737.org.nz/videos/1737_promo_V2.mp4

4 Rs of self-forgiveness

This blog was written by Maaria Mahmood and Hadil Nour of the Muslim Youth Helpline

[The 4 Rs of self-forgiveness | Good Thinking \(good-thinking.uk\)](#)

Advice: Making Your Voice Heard

Being assertive is all about making sure your voice is heard and being able to clearly explain how you feel about something, what you need, or why you feel something should be changed.

It means saying 'yes' when you want to and 'no' when you don't agree with something or someone (rather than agreeing to something just to please someone else).

[Advice: Making Your Voice Heard - CarersNZ](#)

Agencies Being Dad Friendly

This page considers the factors that make it so hard for agencies to connect with fathers. A better understanding of the origins of this can lay the foundation for finding practical solutions. Being aware of what fathers find so miss-matched about themselves and support services is a useful place to start.

[Being Dad Friendly | Greatfathers](#)

Alice? – short video

A starry-eyed plus size teenager actively re-imagines the world around her as she encounters first love and first heartbreak.

[Someday Stories - Alice? | Māori Television \(maoritelevision.com\)](#)

All kinds of help – guide

Download a copy

[Autumn2014GuidePage.jpg \(848x1200\) \(carers.net.nz\)](#)

Antenatal Depression

What is It? When anxiety or depression occurs during pregnancy it is referred to as antenatal depression or antenatal anxiety. Up to 1 in 10 women and 1 in 20 men experience antenatal depression.

[Struggling in pregnancy? Find out if you have Antenatal Depression or Anxiety \(pada.nz\)](#)

Apart of Me - app

Apart of Me is a beautifully designed and multi-award-winning free, therapeutic game that draws upon bereavement counselling to create a supportive and magical 3D world.

[Apart of Me on the App Store \(apple.com\)](#)

[Apart of Me - Apps on Google Play](#)

Asexual/Aromantic

Short video clip explaining what asexual, aromantic and demisexual mean from the perspective of lived experience.

<https://youtu.be/yyGgDfwwdA>

Barriers to seeking safety from family violence

Understand why people who experience family violence might not seek safety. Here are a few reasons why they may not choose to, or be able to, leave an abusive situation.

[Barriers to seeking safety from family violence | Are You OK](#)

Best start kōwae

A suite of innovative assessment tools for use by Primary and Maternity Care Providers, designed to improve quality care throughout the pregnancy journey.

[Alcohol Resources — Best Start Kōwae](#)

Bisexual Pansexual

Short video clip explaining what bisexual and pansexual mean from the perspective of lived experience.

<https://youtu.be/-CtI9RwU4jk>

Breaking

Most Rainbow relationships are based on love and mutual respect. People can be themselves, communicate what they want, negotiate and feel free to say no to things they don't want to do. Everyone involved feels listened to when they speak. But sometimes what's happening in our relationships doesn't feel alright. No relationship is perfect, but you should not feel unsafe or like you do not have a voice.

<https://youtu.be/v2xNvSfP65s>

Silence

Breaking the Cycle

Ex-prisoner says screening of offenders for FASD would help break the cycle. Geoffrey makes no excuses for the hurt he's caused throughout his life. However, both he and his family wonder why he wasn't diagnosed earlier, and hope more can be done for today's at-risk youth.

<https://youtu.be/5Pw90Vm1Kho>

Bright Sky NZ - app

The Bright Sky free app provides safe, practical support and information for people concerned about family violence, or worried about the safety of themselves, or someone they care about.

[Bright Sky NZ on the App Store \(apple.com\)](https://www.apple.com/au/app/bright-sky-nz/)

[Bright Sky NZ on the App Store \(apple.com\)](https://www.apple.com/au/app/bright-sky-nz/)

Can Trauma Be Passed Down From One Generation to the Next?

A growing body of research suggests that trauma (like from childhood abuse, family violence, or food insecurity, among many other things) can be passed from one generation to the next. Here's how: Trauma can leave a chemical mark on a person's genes, which can then be passed down to future generations. This mark doesn't cause a genetic mutation, but it does alter the mechanism by which the gene is expressed. This alteration is not genetic, but epigenetic.

[Can Trauma Be Passed Down From One Generation to the Next? \(psyc.com.net\)](https://www.psychologytoday.com/au/epigenetics/can-trauma-be-passed-down-from-one-generation-to-the-next?hpid=hp-top-story%3Acan-trauma-be-passed-down-from-one-generation-to-the-next%3Ahomepage%2Fstory)

Caring for a partner with dementia

Despite Freya's* difficulties and with the support of her loved ones, she is working to find ways to hold on to the positive memories and moments of joy that they shared. Her two-sided approach to coping with the losses and difficulties, by acknowledging the negatives while also searching for pockets of happiness, is a testament to her strength and resilience.*Name has been changed to protect privacy.

[https://umbrella.us2.list-](https://umbrella.us2.list-manage.com/track/click?u=ded134ee4b584b210e86248cc&id=74c4d46fb1&e=afc1ea623a)

[manage.com/track/click?u=ded134ee4b584b210e86248cc&id=74c4d46fb1&e=afc1ea623a](https://umbrella.us2.list-manage.com/track/click?u=ded134ee4b584b210e86248cc&id=74c4d46fb1&e=afc1ea623a)

Changes in kids behaviour after seeing scary stuff in the news

Here are some of the behavioural changes that you may notice in children who have seen something distressing in the news.

<https://youtu.be/HL764EyTdNI>

[Changes in kids behaviour after seeing scary stuff in the news \(beyondblue.org.au\)](https://www.beyondblue.org.au/resources/changes-in-kids-behaviour-after-seeing-scary-stuff-in-the-news)

Christianity and mental health

There are a number of common misconceptions about mental health and wellbeing.

[Fact check : Christianity and mental health \(goodthinking-strapis3.eu-west-2.amazonaws.com\)](https://www.goodthinking-strapis3.eu-west-2.amazonaws.com/fact-check-christianity-and-mental-health)

Common mental health misconceptions

There are a number of common misconceptions about mental health and wellbeing.

[Fact check: Common mental health misconceptions \(goodthinking-strapis3.eu-west-2.amazonaws.com\)](https://goodthinking-strapis3.eu-west-2.amazonaws.com)

Communicating about suicide

When communicating about suicide it's important to remember that suicide is a complex issue and is often not preceded by a single event or condition.

[Communicating about suicide - Mindframe](#)

Complaints to HDC involving Te Whatu Ora

Report and Analysis for period 1 January to 30 June 2022. HDC received 566 complaints about Te Whatu Ora districts in during the period. This represents a 22% increase on the average number of complaints received, but is the same number of complaints as was received in the previous six month period.

[te-whatu-ora-complaints-trend-report-jan-jun-22-national-2022_02_01.pdf \(hdc.org.nz\)](#)

Concerned about how your partner or ex treats you?

Answer the following questions to find out about abusive behaviours and how to find support.

[Home :: Check it out \(areyouok.org.nz\)](#)

Connection and collaboration hui

Alzheimers NZ is co-hosting an upcoming event with the Aged Care Commissioner, who is holding hui (meetings) around Aotearoa New Zealand to meet older people, their whānau and their communities. The hui will inform a report on health and disability services for older people. The next hui will be held in person in Wellington on Friday 24 March

[Connection and collaboration hui - Alzheimers New Zealand](#)

Conversation Planner – rangatahi

Starting a supportive conversation is the most important thing to do with your young person so that you establish a foundation that can be revisited in the future.

[Conversation planner | NZ Drug Foundation - At the heart of the matter](#)

Conversations Matter

Conversations Matter is a practical online resource to support safe and effective community discussions about suicide.

[Conversations Matter - practical resources for talking about suicide.](#)

Coping with trauma for better mental health - workbook

Many people experience something traumatic at some point in their life. A traumatic event is one where you are in danger, perhaps where there is threat to life or safety, such as an accident, assault,

natural disaster, war, illness or abuse. It can also be an event where you witness something traumatic happening to others or learn about it happening to a loved one. Trauma expert Caroline Harrison provides a series of techniques that are helpful if you have experienced something traumatic in your life.

[Coping with trauma for better mental health | Good Thinking \(good-thinking.uk\)](#)

Coping with trauma – transgender adults

This workbook explains emotional and body responses to fear and survival mechanisms, as well as behavioral responses, and how to recognise a trauma response. Learners are prompted to identify how they might know if they're experiencing a trauma response, and how they want to react or want partners to respond.

<https://genderminorities.com/wp-content/uploads/2023/02/Coping-with-trauma.pdf>

Counselling... what is it all about?

Meeting someone new can be a bit scary sometimes. We might not know what to expect and what the person is expecting of us. Sometimes, it can be helpful to have some information before you meet someone new.

<https://youtu.be/YyyY4tz5bDw>

Create a suicide safety plan - app

Use the free Beyond Now App to create a step-by-step plan. It can help you stay safe if you're experiencing suicidal thoughts or feelings of distress.

[BeyondNow suicide safety plan on the App Store \(apple.com\)](#)

[Beyond Now suicide safety plan - Apps on Google Play](#)

[Beyond Now - Suicide safety planning - Beyond Blue](#)

Dads parent different to mums

One of the important things about dad is that he is not mum. The bigger world – the one that is beyond mum – really begins with dad. Children who have had an involved dad can take a bigger slice of the world and not be scared by it. – Dr Kyle Pruett

[Dads parent different to mums | Great Fathers](#)

Deaf Awareness Poster

Print and post to raise awareness and improve communication.

[DAW Poster V1 \(signhealth.org.uk\)](#)

Department of Lost Nights – digital toolbox

These resources can be used for promotional activity to support the latest phase of the Say Yea, Nah campaign by Te Hiringa Hauora

[Alcohol Resources – Digital toolkit – Department of Lost Nights](#)

Depression in Fathers

What is it? The arrival of a baby is a time of huge change not just for mothers, but also for fathers. Fathers can be forgotten as mother and baby can receive most of the attention. A baby can bring great joy but may also add unpredictable stresses to the family. About 10% of men can experience depression after childbirth.

[Depression in Fathers - PADA - Perinatal Anxiety & Depression Aotearoa](#)

Do it yourself – LGBTQI+ identity documents

Guides to help queer, gender diverse, takatāpui and intersex young people with updating their identity documents to correctly reflect their identities themselves.

[General 2 – RainbowYOUTH \(ry.org.nz\)](#)

Economic abuse

If someone's partner restricts or removes their access to money or basic resources like food, clothing and transport, they may be experiencing economic abuse. Economic abuse can take many forms, and unlike other forms of abuse is less visible.

[Is what I'm seeing family violence? | Are You OK](#)

Fetal Alcohol Spectrum Disorder (FASD)

FASD is a diagnostic term for severe neurodevelopmental impairments (you may see these as difficulties with physical activities, language, memory, learning and behaviour) that result from brain damage caused by alcohol exposure before birth.

[What is Fetal Alcohol Spectrum Disorder \(FASD\)? | FASD Hub](#)

Free range kids

For lots of reasons - the busyness of after-school activities, the prevalence of technology, parents micro-managing their children's time, health and safety concerns, society's view of what a 'good' parent is, the hoarding of kids and emphasis on academic learning and so on - we've seen a lessening of free play in the last 15-20 years. Experts see this as a negative thing and are calling for a return to free play (loosely defined as 'risky', unstructured play with natural or re-purposed objects) because of its importance in emotional, physical and social development.

[Raising Children](#)

Foods and Supplements That May Help Fight Depression

Food for Mental Health: Studies show that carefully chosen fruits, vegetables, and dietary supplements can help improve your mental health

[Food for Mental Health: Supplements That Fight Depression \(psycom.net\)](#)

GEN 2040

Supporting health care professionals in their provision of equitable care for whānau.

Glorious bodies – transgender stories

This booklet discusses 13 personal journeys toward self-love, and discusses topics like attractiveness, shame, love, sex, and medical transition. This resource for transgender adults is from our online course The transgender guide to sex and relationships. It is designed for transgender adults, and may not be suitable for younger viewers.

<https://genderminorities.com/wp-content/uploads/2023/02/Glorious-bodies.pdf>

Grief 101 for Parents

Skylight in partnership with the Child Cancer Foundation presents this resource which covers a basic understanding of grief and how to cope when you are grieving. This resource was developed for parents who are supporting their child living with cancer, or who have lost a child to cancer. It may be helpful for anyone who is grieving a significant loss in their life. It also contains some tips on getting through the holidays.

<https://youtu.be/OF79xIFtmwE>

Groov guide to great sleep

Dreaming of better sleep? It's very common to feel anxious about sleep.

[The Groov guide to great sleep \(groovnow.com\)](#)

Guides for lived experience speakers.

It is important that you safeguard your wellbeing when sharing your story. Sharing your story may bring up uncomfortable or distressing feelings. These feelings might come up immediately or in following days, weeks or months. Three guides are available on this website

- Talking about mental illness
- Understanding the media
- Preparing for an interview or speech

[Support for lived experience speakers discussing mental ill-health - Mindframe](#)

Guide to the rights to healthcare and health protection

The human rights to healthcare and health protection entitle everyone to an effective health system, which must be responsive to national and local priorities and be able to be accessed by everyone.

<https://tikatangata.org.nz/cms/assets/Documents/Guide-to-the-rights-to-healthcare-and-health-protection.pdf>

Harm reduction tips for medicinal cannabis users

Although medically prescribed cannabis has been legal in New Zealand for several years now, we know that most of the estimated 266,000 people using cannabis for medicinal purposes are still doing so illegally – in many cases due to the cost, or because their doctor is unwilling to prescribe.

Not only are those people being pushed towards breaking the law to access their medicine, they are operating in a completely unregulated market where they risk buying unsafe or unsuitable products. So if you're a patient who is buying your product on the illicit market, how can you stay safer?

[Harm reduction tips for medicinal cannabis users | NZ Drug Foundation - At the heart of the matter](#)

Hauora – online course for rangatahi

This course is full of videos, activities and reflective moments for learning about your well-being. You will be equipped with tools and insights to start living your best life! Cost \$1

[Hauora \(learnworlds.com\)](#)

He Takatāpui Ahau – short video

When invited to a family reunion on their Marae, a gentle non-binary person decides to go back to their tūrangawaewae despite homophobia.

[Someday Stories - He Takatāpui Ahau | Māori Television \(maoritelevision.com\)](#)

Health anxiety - workbook

With nine modules, this workbook helps those who worry excessively about their health and provides advice on healthy living and self-management.

[Centre for Clinical Interventions - Health Anxiety Workbook | Good Thinking \(good-thinking.uk\)](#)

Health improvement practitioner??

A health improvement practitioner is a registered mental health and addiction practitioner. This is a new role to provide more support for you at the same place you see your doctor.

[Health improvement practitioner | Health Navigator NZ](#)

Health Video Library – in Sign British language

This is the largest British Sign Language health video library, covering topics from cancer and depression, to types of abuse and how to perform first aid. Modern medicine depends on informed patients. Deaf people should have access to the health information we need.

[Your Mind - BSL Health Video Library - SignHealth](#)

Healthy Mind

Healthy Mind is an online Easy Read tool designed to help people with Intellectual Disability (ID) to recognise and regulate their thoughts and feelings. Following a successful feasibility trial, with input from people with ID and a range of health experts, this program is now widely available for implementation. Healthy Mind is aimed at adults with a mild to borderline ID.

[Healthy Mind Online Tool for Thoughts & Feelings - Black Dog Institute](#)

Hey Tane!

Tane & Marama are having a baby. This video is set at their band practice and discussion with their friends and whanau about a dad's role with the newborn.

<https://drive.google.com/file/d/1dyuy9qDw24ksVclKtXUHbblrjxyqwnJS/view?usp=sharing>

How it feels for Pasifika

What depression and anxiety look like

<https://youtu.be/J31P7te1Kl8>

How to Move Past Regret

Regret is a common feeling that has both negative and positive effects. Knowing how to move past and learn from them is key to your overall well-being. Regret is a feeling based on the idea that you could have acted differently to produce a more desirable outcome.

[How to Get Over Regret: Tips, Benefits, and More \(psychcentral.com\)](https://www.psychcentral.com)

How to provide culturally sensitive bereavement support

Compassion, empathy and respect always play an important role in the bereavement care you provide. But, when you're supporting someone from a culture, faith or religion that may not be your own, it is vital that you do not base your actions on your own assumptions and beliefs.

[JC_0323_Good_Thinking_Bereavement_v3_cd24b34921.pdf \(goodthinking-terapi.com\)](https://www.goodthinking-terapi.com)

How to start a safe conversation about mental wellbeing – recorded webinar

Neuroscience shows having open, honest conversations about your mental wellbeing is good for your mental health. It's incredibly important for helping people to feel good and function well. It also enables us to understand and support each other much better in life.

<https://youtu.be/XabXETUe-F0>

Hui E! Grant writing support

Provides free grant-writing support for community groups, and a team ready to support urgent applications in the wake of the weather events. To apply for a free grant writer for your MSD application, click on the link below.

[Hoa Pūtea | Grant Writing Support | Hui E Community Aotearoa \(infoodle.com\)](https://www.infoodle.com)

Huia Tāngata Kōtahi – Unite the People

A wānanga series of online videos feature conversations with Māori influencers about the systemic injustices experienced by Māori including gambling harm, through a social justice lens.

[Blog article • Problem Gambling Foundation \(pgf.nz\)](https://www.pgfnz.org)

I'm intersex and I wish doctors had left my body alone.

Mikayla Cahill talks with RE:news about why she wishes doctors left her intersex body alone.

[I'm intersex and I wish doctors had left my body alone \(renews.co.nz\)](#)

I'm worried about my kids

Ways to remove your kids from a violent situation through court action and help them through the trauma with your own support and guidance from helplines.

[I'm worried about my kids | Are You OK](#)

Is a Worry Worrying You?

An introduction to understanding worries and anxiety

[Is a worry, worrying you? \(canva.com\)](#)

Islam and Mental Health

There are a number of common misconceptions about mental health and wellbeing.

[v0.2 Fact check : Islam and mental health \(goodthinking-strapis3.eu-west-2.amazonaws.com\)](#)

Journeys through Methamphetamine Addiction

a web series that portrays the personal stories of four individuals through their addiction to Methamphetamine. They tell of how their addiction affected them, their tamariki, rangatahi and whānau. This short compilation of the four interviews portrays each person's unique journey and viewpoint on their Methamphetamine addiction and how it has impacted their lives and the lives of their whānau.

[Web Series - Journeys through Methamphetamine Addiction - Skylight Trust](#)

Kapaemahu

Animated short film, which reveals the healing power of four mysterious stones on Waikiki Beach – and the legendary transgender spirits within them.

<https://youtu.be/UO29QQm1-zM>

Keeping your brain healthy podcast

March is Brain Awareness Month in Aotearoa New Zealand so it's the perfect time to explore brain research and the neurological conditions that can affect the brain. Dementia Learning Centre Director, Dr Kathy Peri, is joined by Dr Makarena Dudley and Dr Gary Cheung in our latest podcast. In this episode, we'll learn a little bit more about our brains and what this means for people and whānau living with dementia mate wareware.

[Keeping your brain healthy - Alzheimers New Zealand](#)

Kia mōhio koe

Ko te h`kina e ngā matū e kia nei ko te “Huffing.” E Kore te haumarū I Ngā wā katoa! Te hākana ka mate!!

<https://youtu.be/4CSjZKRgiaw>

Know Your Stuff NZ

We are part of Aotearoa’s legal and publicly funded drug checking programme, which also includes the Needle Exchange and the New Zealand Drug Foundation, to provide drug related harm reduction services at events around New Zealand. The service is free of charge to clients.

[Welcome - Know Your Stuff NZ](#)

Language continues to evolve regarding AOD.

It is important to note that the language used to describe people who use drugs can have an impact on how they perceive themselves and how others view them. Inaccurate and irresponsible use of language and terminology is stigmatising for people who use AOD.

[Communicating about alcohol and other drugs - Language - Mindframe](#)

Language guide - FASD

The language we use has a powerful impact on the way people with FASD are perceived and are treated. This guide is intended to suggest language that can be used in conversations, presentations and reports about FASD in Australia. The use of such language is intended to enhance respectful engagement with people with FASD and their families to reduce the negativity and stigma often associated with FASD.

[Language Guide \(fasdhub.org.au\)](#)

Learn from others like you.

Join our online community to read, share and learn from people who understand what you're going through. The Beyond Blue Forums are anonymous and moderated by qualified counsellors.

[Home - Beyond Blue Forums](#)

Legally Blind

A lighthearted look at how Digital Health technologies can be utilised to improve patient outcomes

https://youtu.be/lbem3J-2_18

Listening – the right tools for the job

This workbook discusses different kinds of communication, and provides tools for listening and responding in different types of situations. This resource for transgender adults is from our online course The transgender guide to sex and relationships. You can download an interactive version from inside the course, which you can fill out on your device.

<https://genderminorities.com/wp-content/uploads/2023/02/Listening-The-right-tools-for-the-job.pdf>

Listening To and Supporting Trans & Non-Binary Young People

A factsheet from Counting Ourselves and Te Ngākau Kahukura sharing evidence-based advice about how whānau and friends can support the young people in their lives to grow up with a sense of belonging and safety

[Counting+Ourselves Fact+Sheet Listening+to+and+Supporting+Trans+Young+People.pdf \(squarespace.com\)](#)

Long-term health effects of drinking alcohol poster

A poster image of the long-term health effects of drinking alcohol. This image can also be downloaded and printed on your printer. A4 posters can also be ordered.

[Alcohol Resources — Long-term health effects of drinking alcohol poster](#)

Looking after yourself is just as important as looking after your land

Getting help may be hard when the people you might ask are just as busy, or are far away, but unshared problems can become very stressful, leading to anxiety and depression.

[Rural | Depression and Anxiety](#)

Looking out for those around you

In these challenging times, it's important to be kind and look out for those around you. Here at Good Thinking, London's digital mental wellbeing service, we have created this practical guide with three simple steps to help you check in with people on a regular basis and see how they are – the more open everyone can be about their feelings, the better. Good Thinking's quick guide to supporting friends, family and others in your local community who may be struggling with their mental health

[Looking out for those around you guide f8b02d5670.pdf \(goodthinking-strapis3.eu-west-2.amazonaws.com\)](#)

Māori Health Runanga

View the short video introducing Te Toi Ahorangi Te Rautaki a Toi Ora 2030 (the Māori Health strategy set for 2030) owned, articulated and led by iwi of the Bay of Plenty

[Lived Experience – Mental Health and Addiction Services – EduMaxi H5P](#)

Mauri Noho

Within a wellbeing context, mauri noho refers to being inactive physically, mentally, and spiritually. Sometimes this can be positive. For example, sleeping, resting, meditating (mau-ā-rongo) quiet activities, or choosing solitude to reflect and recharge. Mauri noho is unhelpful when we should be active. When this happens we may have periods of worry, anxiety, pouiri (sadness) or low mood, hopelessness, suicidal thoughts, loneliness, and self-isolation or retreating from others. Physically, we may experience tiredness that does not shift, pain in our puku (like ngau puku), headaches, lack of appetite, and drug and alcohol abuse. Not having the energy to do things that are important to you impacts on your sense of wellbeing.

[Mauri Noho | He Paiaka Tōtara \(hepaiakatotara.org\)](http://hepaiakatotara.org)

Mātauranga Knowledge Base

This knowledge base offers a library of information to help people find information, evidence of what is working, to learn, to study, to understand and to solve problems.

[Mātauranga Knowledge Base - Centre of Māori Suicide Prevention \(centreofmaorisuicideprevention.com\)](http://centreofmaorisuicideprevention.com)

Mental Health and Me

A guide to help boost your wellbeing

[JC_0423_GT_Mental_Health_and_Me_v4_1_6edfce37dd.pdf \(goodthinking-strapis3.eu-west-2.amazonaws.com\)](https://goodthinking-strapis3.eu-west-2.amazonaws.com/JC_0423_GT_Mental_Health_and_Me_v4_1_6edfce37dd.pdf)

Mental health strategies for coping after disasters.

Floods, Cyclone Gabrielle, devastating earthquakes - is 2023 feeling a bit much already? Psychologists and mental health experts say acknowledging your feelings, working on the things you can control and connecting with others are all crucial coping mechanisms.

[Mental health strategies for coping after disasters | RNZ](#)

Measles protection

There is a case of measles here in Aotearoa New Zealand. This virus spreads very quickly and can make you very sick. A way to protect yourself, your whānau and community is vaccination.

[Measles | Health Navigator NZ](#)

MOSAIC Cards

Creating cohesion through conversation. A set of cards to kickstart powerful and hopeful conversations with young people around areas of prejudice and racism, as we endeavour to be a more peaceful and inclusive society. Purchase or download.

[MOSAIC Cards - Ara Taiohi](#)

myCompass

It's normal to feel down, stressed, overwhelmed or anxious from time to time, but it's important not to let these feelings get on top of us. myCompass is a free online tool that can help you identify unhelpful thoughts, feelings, and behaviours, and learn strategies to deal with them. myCompass is free to use and backed by research. Ideally, committing to the program for a minimum of seven weeks increases the likelihood of gaining the full benefit.

[myCompass online self-help program - Black Dog Institute](#)

My Intersex Self

As intersex folks, we can have vastly different experiences of what it's like to be in our bodies. This resource will explore embodiment; who we are in our bodies, and what that feels like. Can we gain a

better relationship with the body we are in? This resource provides an opportunity to explore and unpack some of the external and internal influences that affect our relationship with our body, and invites us to re-imagine, reclaim, and celebrate our diversity.

[PRINT - My intersex self \(intersexaotearoa.org\)](#)

Myth-Busters for Mental Health Problems

Some people misunderstand what mental health problems really are. When this happens we can judge people the wrong way, exclude them and end up being disrespectful. We can change this by busting those myths together!

[Myth-Busters for Mental Health Problems - The Mental Wealth Project](#)

Nangs - what you need to know.

Nangs, whip-its, chargers, bulbs, Nos, laughing gas – whatever you call it, how much do you really know about nitrous oxide? Ruth Nicol explains the ins and outs of a drug that stirs up controversy despite it's relatively low potential for harm.

[Nangs - what you need to know | NZ Drug Foundation - At the heart of the matter](#)

"New Dads - journey into the unknown"

Our 44-page comic (A5). Have a look and consider how you might use these. Having dad-specific resources can show dads that you are serious about them and their needs. View online, download or order printed copies.

[New Dads-a journey into the unknown.pdf - Google Drive](#)

New Lived Experience resource

Hauora a Toi have developed and launched a lived experience resource which includes explanations, definitions, video clips and checklists. This online resource aims to build your knowledge and skills in preparation for active partnership in a range of operational, strategic and advisory groups. The intended outcome is to have confident and effective lived experience representation and engagement at all levels of decision-making in .

[Lived Experience – Mental Health and Addiction Services – EduMaxi H5P](#)

New Zealand Needle Exchange Programme

New Zealand was the first country in the world to introduce a national state sponsored Needle Exchange Programme. Today the programme operates from Whangarei through to Invercargill through a network of dedicated outlets and pharmacy-based exchanges. We distribute over 3 million needles each year. In addition to support and advice on harm reduction we also collect returns and ensure the safe disposal of equipment used for injecting drug use.

[New Zealand Needle Exchange Programme - Online Shop \(nznep.org.nz\)](#)

O le tōfā mamao - A Sāmoan Conceptual Framework for addressing family violence

This document was developed by the Sāmoan Working Group to assist with the development of a training programme for Sāmoan practitioners and service providers working with victims, perpetrators, and families from our communities who have been affected by family violence.

[PasefikaProudResource-Nga-Vaka-o-Kaiga-Tapu-Pacific-Framework-Samoan.pdf](#)

OCD . The vicious cycle

It is the PERSONAL meaning of the thought that makes them so unpleasant, anxiety provoking and difficult to dismiss. The very thing that you might obsess about can be the antithesis of your character leaving you to doubt... why am I even thinking this? Remember THOUGHTS are not ACTIONS, they are just thoughts. It is not the THOUGHTS that are the problem, it is what you make of them.

[OCD-thought.pdf](#)

Order stuff to support your 1737 promotion.

Pens, wallet cards, posters (also downloadable)

[1737 - Shop](#)

OurHerd - app

OurHerd is a free mental health storytelling app that empowers young people to confidently and safely share stories of lived experience and amplifies youth voices to create positive change. Your story matters.

[OurHerd, powered by batyr on the App Store \(apple.com\)](#)

[OurHerd – Apps on Google Play](#)

[OurHerd](#)

Overcoming low self-esteem - workbook

The nine-module workbook, information sheets and worksheets which will help you better understand and improve your self-esteem.

[Overcoming Low Self-Esteem | Good Thinking \(good-thinking.uk\)](#)

Pill Library

This page contains photographs and information for pills we have identified that were obtained as MDMA but were not what people thought. They are dated for the season in which we found them. If your pill does not appear on this page, it is not a guarantee that it is safe. If your pill does appear, it is not a guarantee that it is safe, or contains any of the substances published here. This database is not a substitute for testing your stuff.

[Pill Library - Know Your Stuff NZ](#)

Pīrangī koe ki te kōrero?

Ko te '1737, need to talk?' te nama waea āwhina mō te hauora hinengaro ā-motu me ngā waranga o Aotearoa. Waea koreutu, patowaea rānei ki 1737 ahakoa te wā ki te kōrero ki tētahi tumu kōrero matatau. He koreutu, ā, e wātea ana i te 24 haora i te rā, 7 rā i te wiki. Ko te hunga kei te ahotea, anipā, māharahara, ngākau pōuri, pāpōuri, āpuru rānei me whakapā mai. Mēnā kei te hiahia noa iho koe ki te kōrero ki tētahi atu, kei konei mātau mōu. Ka taea e koe te whakapā mai mēnā kei te māharahara koe mō tētahi hoa, tētahi o te whānau rānei, kei te hiahia tohutohu rānei mō te hauora hinengaro, ngā raruraru waranga rānei. Ahakoa he aha te take, kei konei mā

[1737 - Need to Talk?](#)

Play Kindly – app

A free, animated app designed by Pacific people for Pacific people has been launched with the promise to help parents for the “more challenging moments” they have with their young children.

<https://apps.apple.com/us/app/playkindly/id1440374839>

[Play Kindly - Apps on Google Play](#)

Pocket Card

We have updated our pocket card. It provides a brief list of your rights, in English and Te Reo. Previous versions have been discontinued. More languages will be added to the pocket card range in the near future. It is available to purchase at &7.50 for a pack of 50.

[The Code of Rights - English/Māori | Health and Disability Commissioner | Online Resources for Download & Purchase \(hdc.org.nz\)](#)

Practical Strategies for Self-Care and Resilience

This resource was developed for parents who are supporting their child living with cancer, or who have lost a child to cancer. It may also may be helpful for anyone who is in need of tips to manage self-care during difficult times.

<https://youtu.be/tRyyUowSc4w>

Preparing siblings for the new baby

Suggestions and strategies for helping toddler's to adjust to a new baby.

[Preparing siblings for the new baby | Tākai \(takai.nz\)](#)

Private browsing (also called incognito browsing)

All major web browsers offer a feature that provides a private browsing window and deletes the browsing history on your computer after you close it. Depending on what browser you're using, it may be called Incognito Mode, Private Browsing or InPrivate Browsing. If you are worried that someone can access your private computer it might be better for you to use another one at a library, a friend's house, or work.

[Using this website safely | Are You OK](#)

Pronouns

Short clip on pronoun usage

https://youtu.be/z18gTLwsl_I

Protection Order

It's free of charge to apply for a Protection Order. You can apply for a Protection Order if you're in, or have been in, a close personal relationship with a person being violent towards you. If you're not in a close personal relationship with the person who's being violent towards you, you can apply for a Restraining Order instead of a Protection Order.

[Apply for a Protection Order | New Zealand Ministry of Justice](#)

Raising Children - app

Parenting in your palm! Divided into seven sections – Newborns, Infants, Crawlers, Toddlers, 2 Year Olds, Preschoolers and The Primary Years, we have over 100 short video stories for you to look at, with a succinct written summary and selection of top tips for each as well. Tap into advice on good parenting, health and wellbeing, breastfeeding and nutrition, sleeping, early learning and more. Swipe your way through stories for inspiration on the food front, fun things to do with your kids, tips for getting them active and a whole raft of other topics.

[Raising Children on the App Store \(apple.com\)](#)

[Raising Children - Apps on Google Play](#)

Rangatahi talk about suicide

This web series features rangatahi Māori including takatāpui sharing their stories of how they have survived suicide or lost a friend or whānau member to suicide – it is for rangatahi by rangatahi.

The personal experiences shared in the videos may be disturbing for some viewers as they talk about suicide.

[Web Series - Rangatahi talk about suicide - Skylight Trust](#)

Recuperative Retreats for Women

Life A Plenty Charitable Trust 'Recuperative Retreats for Women' is a service provided specifically for women within the Tauranga and wider Bay of Plenty region, who have been recommended a period of rest and recuperation by a health professional.

[- Life A Plenty Therapeutic Retreats, Tyburn Monastery, Rotorua](#)

Resilience web series

The web series is filmed as documentary type interviews with six young people from various backgrounds, cultures, ages and walks of life. These are powerful messages of hope and some sage words of wisdom from their own lived experiences. These are the voices of young people, talking about the hard stuff and ways to build resilience and how to cope with life's challenges.

[Web Series - Resilience web series - Skylight Trust](#)

Safe relationships

We talked with lots of taitamariki who told us that relationships can be complicated and sometimes you don't always know what to do. Sometimes you don't know where to get help. We know taitamariki understand what a healthy relationship is but with all the influences you have it's complicated and it's hard to 'live it' sometimes., Relationships can be complicated sometimes

- Not sure about what's happening in your relationship?
- Not sure what's okay and what's not okay?
- Want to check out stuff before getting into a relationship?

check out your own relationship values, seek information that will help you with those tricky relationship issues. Build your relationship profile.

[Your Relationship Profile — Harmonised](#)

Save Soil – Our Very Body | A Documentary Film

As humanity struggles against climate change, conflict and unprecedented societal changes, the world's leading climate and environmental scientists collaborate with Sadhguru to highlight an even greater threat, which can be transformed into a tremendous opportunity, if we act within the next few years. Based on interviews with award-winning scientists, this documentary highlights how soil around the world is going extinct. This is leading to global food and water supply shortages, which will impact not just the poorest, but even the richest nations.

<https://youtu.be/Y4e0lcrQWG4>

Self-compassion - workbook

With seven modules, this workbook explains how to introduce self-compassionate thinking and behaviours into your life.

[Centre for Clinical Interventions - Self-Compassion Workbook | Good Thinking \(good-thinking.uk\)](#)

Set, Setting, and the Suck: How to avoid negative experiences at festivals

It's easy to have a good time on drugs when you're safe and dry. But when you're soaked through, cold and miserable, what you've taken can amplify any anxiety and general Nope that you're experiencing and send you down an unpleasant mental rabbit hole. Fortunately there's a few things you can do to help keep the vibes up. Managing your set and setting can go a long way to maintaining a good mental state when things go sideways.

[Set, Setting, and the Suck: How to avoid negative experiences at festivals - Know Your Stuff NZ](#)

Sharing your live experience – online training

Rākau Roroa is an online training programme created by Changing Minds and led by Lived Experience. Rākau Roroa draws on wisdom from over 20 years of social justice knowledge, consumer movement history and research on 'what works' to dismantle prejudice and discrimination and grow compassionate, skilled Lived Experience leadership. Once you complete your Rākau Roroa training you'll become a Tall Tree and part of this special community of New Zealanders we colloquially call our "forest". Becoming a Tall Tree means you join our grassroots social movement to nurture and amplify the Lived Experience voice.

[Online application criteria 2022.pdf \(rakauroroa.nz\)](#)

[Rākau Roroa - Changing Minds \(rakauroroa.nz\)](#)

Shine Safer Homes Booklet

Free PDF download. Comprehensive and practical information if you are experiencing domestic violence in this 50 page booklet, including legal information, help available and much more.

[Shine Safer Homes Booklet | Shine \(2shine.org.nz\)](#)

Short-term effects of drinking poster

A poster image of the short-term health effects of drinking alcohol. This image can also be downloaded and printed on your printer. A4 posters can also be ordered.

[Alcohol Resources — Short-term effects of drinking alcohol poster](#)

Silent Talanoa

SILENT TALANOA: A 4-part video series that offers a glimpse into the lives of our Rainbow Pasifika youth - lifting the veil of silence from our young people so that they could Talanoa about the realness in society and how they overcame adversity.

<https://youtu.be/wNAH406lcfo>

Signing through the computer connects tāngata turi

Teaching others to sign te reo/english for their whānau, for their marae, for their community.

<https://youtu.be/CN8eh0XVWBQ>

Skylight Resilience Hub

The Resilience Hub consists of an online resource site that contains articles, videos, links, an online shop and a physical hub offering personalised information, support, counselling services and library.

[Skylight Trust - Skylight Trust](#)

Sleep Ninja® - app

A free evidence-based app shown to be effective in helping young people with sleep problems.

[Sleep Ninja on the App Store \(apple.com\)](#)

[Sleep Ninja - Apps on Google Play](#)

Sleep Quiz

Help Us Connect You To A Better Nights Sleep Sleep is the foundation on which mental and physical wellness is built. Let us help improve your quality of life through better sleep.

[Sleep Foundation | Better Sleep for a Better You](#)

Storm Clouds and Rainbows – The Journey of Parenting a Transgender Child

This new resource offers insights from a parent perspective on how best to support a transgender child. It is based on international research and interviews with parents in Aotearoa from different social and cultural backgrounds, who were asked to reflect on their experience of raising a transgender child.

[Storm+Clouds+and+Rainbows+--+page+spreads.pdf \(squarespace.com\)](#)

Str8up - Stress

It's normal for children, young people and whānau to experience stress and anxiety due to Cyclone Gabrielle, Auckland flooding, or COVID-19. There are lots of practical things they can do to help reduce their stress and manage it when it does pop up.

[str8up-health-hn-stress-document.pdf \(healthnavigator.org.nz\)](#)

Strangulation: Information pamphlet

Free PDF download. Information about strangulation, why it is very dangerous for people experiencing domestic violence, and what to do if you have been strangled.

[Strangulation: Information pamphlet | Shine \(2shine.org.nz\)](#)

Strategies to Help Men be Great Fathers

A service provider who wants to better meet the needs of children will need to:

- acknowledge and champion father engagement
- include father-aware statements in policy documents, and promote these
- provide training for staff and motivation to be inclusive of fathers
- monitor and review what actions are being taken and what progress is made

[Strategies to Engage Dads | Greatfathers](#)

Supporting your child following natural disaster

Natural disasters, such as floods, cyclones and droughts, are stressful and often traumatic. What takes place, and the speed with which it happens, can be chaotic, confusing and overwhelming. Understandably, as a parent or carer, you may feel worried about the impact on your child. Here are some insights that might be helpful as you support your child at this difficult time.

[The-MacKillop-Institute-Stormbirds-Parent-Support-Child-Natural-Disasters.pdf \(mackillopinstitute.org.au\)](#)

Takatāpui Posters

These posters promote the takatāpui.nz resource hub, and share some of the top tips from the resources. Click on the images below to download high-resolution copies for printing.

[Resources — Takatāpui | A Resource Hub \(takatapui.nz\)](#)

Takiwā

A unique data visualisation tool that enables complex data about young people and services, to be combined and analysed in visually powerful ways. The tool has been built for the sector, by the sector, to support collaboration and enable our members to plan and evaluate more effectively.

<https://www.youtube.com/watch?v=BE3m7erTejl>

[Resources - Ara Taiohi](#)

Te Toka Tumai introduces a new support pathway

As part of continued mahi to manage care for acutely deteriorating patients, Te Toka Tumai, has created a new support pathway for adult patients - Kōrero Mai. Kōrero Mai (Talk to Me) has been active in Starship Hospital for some time. It provides a three-step process for patients and whānau to raise their concerns and help them to have a voice.

[Kōrero Mai | Te Whatu Ora \(adhb.health.nz\)](#)

Test the new birth certificate process

The Department of Internal Affairs (DIA) is looking for volunteers to participate in user-testing a new application form for amending registered sex on birth certificates. We are looking for people who have considered amending the registered sex on their birth certificates. If you've considered amending the sex on your birth certificate, and you'd like to help us test the application form, we'd be very interested in hearing from you. Please read below for more information on the sessions, your privacy, and how to get in touch with us. If you'd like to help us out with user-testing, please get in touch with me at my email address, tavis.milner@dia.govt.nz, to arrange a session time.

[Test the new birth certificate process \(genderminorities.com\)](#)

TransHub - Carers and Family (Australia)

Advice written by trans people about how parents, carers and families can be allies to trans people.

[Carers and Families — TransHub](#)

Total Mobility Scheme

Total Mobility Around NZ, developed in partnership by local and central government, will inform you about the Total Mobility scheme, which subsidises taxi services for people with serious mobility constraints that prevent them from using public transport.

The scheme provides:

- vouchers that discount normal taxi fares by 50%,
- funding to help purchase and install wheelchair hoists in taxi vans,
- payment to the owner of a vehicle for every hoist trip made.

[Total Mobility around New Zealand: a regional guide to using the Total Mobility scheme – December 2022 edition \(nzta.govt.nz\)](#)

TVNZ Attitude: Motherhood

Expectations of being a mother, pressure, inequalities, depression, suicide.

[Mothers Helpers - Supporting Mums Under Stress](#)

Understanding what's going on

Family violence can be physical and emotional. Your understanding and support matters.

[Understanding what's going on | Are You OK](#)

Unhooking from Thoughts

Mindful breathing is a simple deep breathing technique you can practice anywhere to help calm the mind and improve your focus.

<https://youtu.be/R1qRr8rH5Wg>

Virtual consultation apps

These apps enable you to have an appointment with your healthcare professional virtually, using your phone or computer.

[Virtual consult apps | Health Navigator NZ](#)

Virtual Nan

Meet Nan, Nan has been a reluctant user of digital health. Will she be a convert, will her mokopuna convince her to try digital heal? Watch and enjoy.

<https://youtu.be/YgXVGXKwNso>

Volatile substances

This video about volatile substances, or 'huffing', is for New Zealand parents, caregivers, whānau and those working with young people to understand basic facts about inhaling substances, or huffing.

<https://youtu.be/ACMqfUirbvw>

Volunteer With Bellyful

Join our wonderful team of volunteers and help fill bellies in your local community. There are a range of roles and times that we need help. Our volunteers are at the heart of Bellyful, we'd love you to join us.. All Bellyful volunteer applications are subject to satisfactory Police vetting. If you wish to discuss this further please email contact@bellyful.org.nz

[Become A Volunteer - Bellyful](#)

Wainuku and whakamā

There are lots of ways to describe not feeling right or feeling like life is going in the wrong direction. This site calls it depression or anxiety. As Māori, these are some of the things we might experience:

[Māori | Depression and Anxiety](#)

We are not machines.

Understanding carer burnout, what helps prevent it and ways to recover

[FC We-are-not-machines-002.pdf \(carers.net.nz\)](#)

Weathering the storm: Tips to cope during and after an emergency event – recorded webinar

In the wake of the recent flooding that has hit New Zealand, Sir John Kirwan and Dr Fiona Crichton share how they're feeling right now, and talk about practical strategies to cope during and in the days following a crisis.

<https://youtu.be/cHgREIP54Wk>

Whāngai

Whāngai is an informal arrangement in accordance with tikanga Māori, where tamariki are cared for by members of the wider whānau, without a formal order from the court. Formal orders from the court that recognise caregiving arrangements include a parenting order, adoption, or special guardianship. A significant benefit of whāngai arrangements is that there is a continuing relationship between the birth and whāngai whānau, but while the court generally acknowledges whāngai arrangements, they are not legally recognised. One exception to this is in the Māori Land Court, where whāngai relationships can be recognised for the purposes of inheritance to Māori land.

Mātua whāngai (whāngai parents) may also qualify as a “primary carer” with parental leave entitlements.

<https://communitylaw.org.nz/community-law-manual/chapter-21-employment-conditions-and-protections/parental-leave/>.

What do bodies mean?

This workbook presents many common myths about transgender people's bodies and associated sexual behaviors, alongside the facts. It then prompts learners to choose a myth they know about, and write down the fact alongside it, including any experiences or supporting information that shows their fact is true. Then learners express their fact, or their feelings about it, by creating some poetry, art, a meme, a song, or something else.

<https://genderminorities.com/wp-content/uploads/2023/02/What-do-bodies-meanrities-Aotearoa.pdf>

What does 'takatāpui' mean?

Takatāpui is a traditional Māori term meaning ‘intimate companion of the same sex.’ It has been reclaimed to embrace all Māori who identify with diverse genders, sexualities and sex characteristics.

[Takatāpui | A Resource Hub \(takatapui.nz\)](https://www.takatapui.nz/)

What gives men so much trouble?

It's not easy to pinpoint exactly what causes depression or anxiety. It's different for different people. It might be that you're going through a difficult time, or maybe several issues have built up over time. Sometimes there's no obvious reason.

[Men | Depression and Anxiety](https://www.mind.org.uk/about-us/men-depression-anxiety/)

What happens when I drink alcohol?

An infosheet explaining what happens in the body when a person drinks alcohol. It covers how alcohol gets into the blood and what happens next in different parts of the body and in an unborn baby.

[Alcohol Resources — What happens when I drink alcohol? infosheet](#)

What I want in a Rohe

Korōria Johns talks about what a Rohe means to her as a lived experience advisor.

<https://youtu.be/5iZDFt7vZOw>

What is a Moral Compass and How to Find Yours

Your moral compass, conscience, and ethics may all sound like the same set of values, but your moral compass can sometimes steer you away from rigid societal laws. When you're faced with a decision or asked to voice an opinion, how you react is often driven by personal values you've acquired throughout your lifetime.

Some of these values, the ones that dictate how you determine right from wrong, make up your moral compass. In times when societal rules regarding human rights and conduct conflict with your beliefs, your moral compass is what guides your behaviour.

[Moral Compass: Definition and How to Find Yours \(psychcentral.com\)](#)

What is an advance care plan and why does it matter?

A new petition has highlighted the importance of advance care plans. But what actually are they and who needs them? We asked the experts.

[Explainer: What is an advance care plan and why does it matter? | The Spinoff](#)

When the Carer Role Ends

Looking after someone may be a large part of your life, but it is inevitable that your caring role will change over time. This may be because the person you cared for has recovered and no longer needs care, or because they choose another living situation, or because they can no longer be cared for at home, or because they have died.

Whatever your situation, it is important to realise that you are not alone. It will be difficult, but you can find help and support. This section is for carers who are experiencing significant change in their lives. It suggests steps you can take to help you through each situation.

[When Caring Ends - CarersNZ](#)

When someone is thinking about suicide

Many of us will notice changes in people around us and get the feeling that "something is not right". You may not want to say anything for fear of making the situation worse or because you don't know what to say if they confirm your concerns. While these conversations can be very difficult and confronting, there is a lot you can do. This resource will give you basic tips to help you talk to someone you are worried may be thinking about suicide. You can download the resource as a fact sheet or an audio podcast by using the links below.

[When someone is thinking about suicide - Conversations Matter](#)

Who am I? – online course for rangatahi

We have created four lessons packed full of fun activities, engaging videos and inspiring content to help you learn about what makes you...YOU! Am I normal? What makes me? My personality. Happy habits. Cost \$1

[Who Am I? \(learnworlds.com\)](http://learnworlds.com)

Why Small Acts of Kindness Have Such Big Impact

Small acts of kindness matter whether you're the giver or the receiver. Experts explain what happens in the brain and how it impacts our mood.

[Why Small Acts of Kindness Have Such Big Impact \(psycom.net\)](http://psycom.net)

Women and Sleep

An overview of various sleep disorders that on average affect women more

[Women & Sleep: Needs, Disorders, & Recommendations | Sleep Foundation](http://SleepFoundation.org)

Workshop for parents and whānau of rainbow young people – recorded webinar

We ran a series of online workshops in September and October 2022 for parents and whānau of young people who are trans, non-binary, takatāpui, queer, fa'afafine, have other rainbow identities or are still figuring out their gender and sexuality. We made this video presentation to share highlights from the workshop. We hope it's useful for whānau and caregivers to build confidence around supporting rainbow young people, and to know where to go for more support.

<https://youtu.be/LUGDPHr5YcE>

You don't have to tough it out

Tackling depression or anxiety is a big job and asking for help isn't a sign of weakness – it's a sign of strength.

[Men | Depression and Anxiety](http://MenDepressionAnxiety.org)

Youth Participation from Multicultural Backgrounds

This toolkit is for professionals to explore the benefits of engaging with young people from multicultural backgrounds in the design, delivery, research and evaluation of youth mental health services. It shares practical ideas about how young people can be involved in youth participation activities, with success stories from the Centre for Multicultural Youth (CMY), who work in a youth-informed, youth-led and co-designed way with young people from multicultural backgrounds.

[orygen toolkit -youth participation with young peo.aspx](http://orygen.org.au/toolkit-youth-participation-with-young-peo.aspx)

'Your Child is a Taonga' resource.

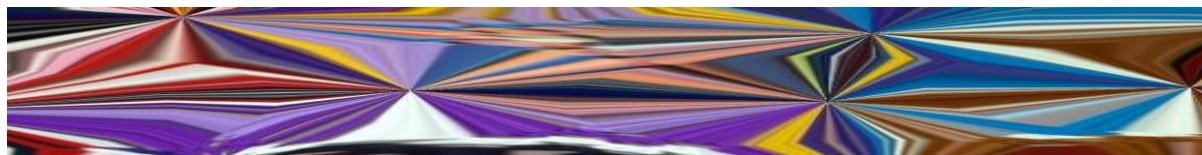
Online and downloadable support guide whānau and family of rangatahi with variations of sex characteristics (VSC)

[RESOURCES | Intersex Aotearoa](http://RESOURCES.org.nz/IntersexAotearoa)

Your rights when receiving a health or disability service

We have updated our poster to include Te Reo, NZ Sign Language and English. Previous versions have been discontinued.

[The Code and Your Rights - Health and Disability Commissioner \(hdc.org.nz\)](http://hdc.org.nz)



News

Achieving pae ora (healthy futures) – feedback sought

The Ministry of Health | Te Manatū Hauora are gathering feedback on this site about what could make your health and wellbeing or the health and wellbeing of your family and community better.

[Achieving pae ora \(healthy futures\) – New Zealand Ministry of Health Dialogue](#)

Activists fiercely hopeful for a better future

Successful campaigns have a clear, positive vision and offer practical ways people can make a difference, according to a new book on youth activism in Aotearoa.

[Activists fiercely hopeful for a better future - The University of Auckland](#)

Breaking the inequity loop

History shows us that the best way to improve Māori health is to support Māori to lead and drive the improvement ourselves. That means more Māori across all aspects of health: not just doctors, nurses and other clinical workforce, but also more Māori epidemiologists, health scientists, health policy experts, and even politicians. The all-of-population approach has failed for more than a century to address Māori health inequalities. Government policy needs accommodate tino rangatiratanga and allow Māori the resources and time to address our challenges.

[Breaking the inequity loop | PHCC](#)

Covid-19: Malaghan's 'Kiwi Vax' booster vaccine set to be trialled in people from September

Scientists behind a New Zealand-made booster vaccine for Covid-19, which is nearing human trials, say it appears more effective and versatile than its common counterparts.

Named 'Kiwi Vax', the vaccine has been under development by the Vaccine Alliance Aotearoa NZ (VAANZ) based at Wellington's Malaghan Institute for close to three years.

[Covid-19: Malaghan's 'Kiwi Vax' booster vaccine set to be trialled in people from September | Stuff.co.nz](#)

Disability Consumer Leadership Development grants open for applications.

The Consumer Leadership Development Grant opens for applications on Wednesday 1 March 2023. This grant is intended to cover the costs of disabled people or their whānau and family to take part in activities to develop leadership and encourage mana motuhake. For this grant, 'consumer' includes disabled people and their whānau. Applications can only be completed and submitted via our online grants portal.

<https://www.tepou.co.nz/training-development/grants/consumer-leadership-development-grant>

Drug Foundation warns that some LSD circulating is more dangerous drug.

The Drug Foundation is urging caution after drug checking services at Rhythm and Vines (RnV) found paper tabs sold as LSD were in fact the potent psychedelic and stimulant, 25B-NBOH. The drug was found on tabs of different colours and patterns and had come from more than one region.

[Drug Foundation warns some LSD circulating is more dangerous drug | NZ Drug Foundation - At the heart of the matter](#)

Drug overdose deaths rising 54% in five years 'should be ringing alarm bells'

Fatal drug overdoses in Aotearoa have risen 54% in the past five years, which advocates say is "simply unacceptable". The increase is driven by a growing number of deaths from opioids, alcohol and benzodiazepines.

[Drug overdose deaths rising 54% in five years 'should be ringing alarm bells' | Stuff.co.nz](#)

Embracing diverse perspectives – a values-led framework for new mental health and substance use data

There is strong consensus on the need for up-to-date robust data on the prevalence and impact of mental health and substance use in Aotearoa New Zealand. However, there are diverse perspectives to balance as to how this new data should be gathered. If you are interested in finding out more and getting involved in this programme of work, contact Helen Lockett, Strategic Lead, helen.lockett@tepou.co.nz

How family and whānau voice is included in death reviews

The article reflects on how family and whānau voice is included in the review process of the Family Violence Death Review Committee (FVDR).

[Article looks at how family and whānau voice is included in death reviews | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](#)

Fetal alcohol spectrum disorder and Risk-Need-Responsivity Model: A guide for criminal justice and forensic mental health professionals

FASD is a high prevalence but underdiagnosed group of disorders affecting between 17 and 36% of individuals in criminal justice settings. Despite being a high-impact disorder associated with lifelong impairments with a significant need for services and interventions, little research has been completed on how to best support individuals with these conditions in criminal justice settings. This article proposes a renewed focus on applying and adapting the Risk-Need-Responsivity (RNR) approach to individuals with FASD in criminal justice settings.

[Fetal alcohol spectrum disorder and Risk-Need-Responsivity Model: A guide for criminal justice and forensic mental health professionals - PubMed \(nih.gov\)](#)

Forthcoming genetic therapies raise serious ethical questions, experts warn

One of greatest risks of gene editing tools 'is that the people who would benefit most will not be able to access them'

[Forthcoming genetic therapies raise serious ethical questions, experts warn | Science | The Guardian](#)

Government must involve young people in climate change decisions, UN says

The New Zealand government has received a clear message from the United Nations about the need to enable children and young people to meaningfully participate in climate change planning and decision-making.

[Government must involve young people in climate change decisions, UN says - OraTaiao](#)

Government seeking feedback on latest draft CEDAW report by 24 March 2023.

Manatū Wāhine | Ministry for Women is inviting feedback on New Zealand's draft 9th report on progress related to the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW).

[Government seeking feedback on latest draft CEDAW report | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](#)

Have your say on Women's Health Strategy – closes March 17

Manatū Hauora is developing a range of strategies to help guide our health system to achieve pae ora, healthy futures. Right now, you can make a submission on the Women's Health Strategy. You can also leave an idea on our online forum Tātou

[New Zealand Ministry of Health Dialogue make a submission](#)

K’aute Pasifika Village Opens in The Heart of Kirikiriroa

When impossible becomes possible and finally a reality with the opening of the K’aute Pasifika Village in Hamilton. Over 1500 people from across Aotearoa and the broader Pacific Region gathered to celebrate the momentous opening of the first stage of K’aute Pasifika’s Village, in Kirikiriroa in January 2023.

[K’aute Pasifika Village Opens in The Heart of Kirikiriroa | Pasefika Proud](https://kautepasifika.co.nz/home)
<https://kautepasifika.co.nz/home>

Māori Community Suicide Prevention & Postvention Fund - opens 6 March 2023 and closes 1 May 2023

Further information on the fund, including criteria, can be found here: Funding – Centre of Māori Suicide Prevention (centreofmaorisuicideprevention.com). Or you can get in touch with the team here: Email: communityfund@terauora.com Phone: +64 4 473 9591 or 0800 122 616

[Funding - Centre of Māori Suicide Prevention \(centreofmaorisuicideprevention.com\)](http://centreofmaorisuicideprevention.com)

Mental Health Service Awards of Australia and New Zealand now open - Applications close on 20 April 2023.

The Mental Health Service Awards of Australia and New Zealand are now open for entries, and it would be great to see a good representation of innovational leaders and NGO and community organisations from Aotearoa. The awards recognise innovation, research excellence, best practice and lived experience leadership in mental health services across Australasia.

It’s free to submit an entry to the Awards. Applications close on 20 April 2023.

[About the Awards - TheMHS Learning Network Inc.](#)

More time to apply for Ngā Kanohi Kitea Community Advancement Grant Fund

We have extended the due date for applications to our Ngā Kanohi Kitea Community Advancement Grant Fund by two weeks to **1pm, Tuesday 11 April 2023**. This fund provides opportunities for iwi, hapū, other Māori community groups or organisations, and Māori researchers or research teams to undertake research or training and development activities. The focus is on addressing community-identified health and wellbeing needs.

[HRC Gateway - Funding - Māori health research - 2023 Ngā Kanohi Kitea Community Advancement Grants](#)

National conversation on risk

Manatū Hauora have commissioned a document to support a national conversation which aims to reconsider beliefs, evidence and attitudes about mental health and risk. One of the findings of He Ara Oranga was that the current focus on managing risk results in outcomes that aren't always the most beneficial for tāngata whaiora, clinicians, or communities. It recommended a national discussion is had. They are keen for this across the mental health sector and include a range of views, including from people with lived experience, whānau, advocacy groups, clinicians and the public. We encourage you to read this document and start a korero.

[Read He Arotake ngā Tūraru Reviewing risk: A discussion paper.](#)

New bill to scrutinise medicine, natural health product claims

The Therapeutic Products Bill aims to introduce a new regime to modernise the way medicines, medical devices and natural health products are regulated. But, many working in natural medicine, from vitamin manufacturers to boutique producers to Rongoā Māori, fear added red tape will stifle the industry.

<https://www.1news.co.nz/2023/03/05/new-bill-to-scrutinise-medicine-natural-health-product-claims/>

New views of self-harm necessitate an urgent change in strategy and accountability.

Thirty world-leading experts met in Sydney on Thursday 10 November 2022, for the Black Dog Institute Summit on Self-Harm to offer insights, directions, and recommendations for reducing and preventing self-harm.

[New views of self-harm necessitate an urgent change in strategy and accountability - Black Dog Institute](#)

Nōku te Ao: Like Minds Media Photo Library

The Mental Health Foundation is creating a photo library for journalists to use when reporting on mental health topics. The idea for the library came about due to the use of stigmatising images in the news media in particular, which often depict people going through mental distress with their head in their hands, in a dark room, and alone.

[Nōku te ao — Home \(nokuteao.org.nz\)](http://nokuteao.org.nz)

PADA supports Blue Stories Project: sharing journeys out of perinatal depression in Te Whanganui a Tara Wellington

Storytelling is powerful. It communicates, it inspires, and it brings us together. The Blue Stories Project: sharing journeys out of perinatal depression is a nationwide campaign of exhibitions, audio interviews and posters, curated to make perinatal depression more visible and to stimulate much needed conversation through storytelling.

[PADA supports Blue Stories Project: sharing journeys out of perinatal depression in Te Whanganui a Tara Wellington - PADA - Perinatal Anxiety & Depression Aotearoa](#)

Proposed overdose prevention centre

An overdose prevention centre would reduce harm and save lives by shifting drug use off city streets and into a safe, medically supervised setting alongside basic health, harm reduction and support services, says the NZ Drug Foundation.

[Proposal aims to get drug overdoses off Auckland's inner-city streets | NZ Drug Foundation - At the heart of the matter](#)

Proposed regulation of health software

The Therapeutic Products Bill (Bill) was introduced to Parliament on 30 November 2022. The Bill will regulate medicines, active pharmaceutical ingredients, medical devices, and natural health products to protect and improve the health of New Zealanders by providing for the acceptable safety and quality of those products.

An important new category of therapeutic products that the Bill will regulate is software as a medical device. This will impact on the development, distribution and advertising of software that is a medical device.

[Proposed regulation of health software \(buddlefindlay.com\)](https://buddlefindlay.com)

Read the latest consumer health forum Aotearoa update | Pānuitia mai te kōrero hou mō te wānanga Hauora Kiritaki

The latest update about the consumer health forum Aotearoa is now available. Read about the upcoming event Our voices: The journey to healthy futures | Ō mātou reo: Te huarahi ki pae ora, opportunities for consumers to get involved in co-designing health services and our free online course about co-design in health.

[Consumer health forum Aotearoa update – February 2023 | Health Quality & Safety Commission \(hpsc.govt.nz\)](https://hpsc.govt.nz)

Refreshed gambling harm research and evaluation web pages

We have recently updated the gambling harm research and evaluation pages on the Manatū Hauora website. The new pages have more up-to-date information on gambling harm related statistics, research and evaluation, including recently published journal articles.

[Visit the Gambling Harm Research and Evaluation website.](#)

Registrations have opened for funding for innovative, new post-diagnostic support and navigation services in local communities.

This is part of the \$12 million set aside in Budget 2022 to support the Dementia Mate Wareware Action Plan. This is a wonderful opportunity for you to play a role in giving life to the Plan, so do check it out. Te Whai Ora and Te Aka Whai Ora are now inviting organisations to register their interest. This is the first step in applying for the funding. There are two documents that you will need:

- The first is the Registration of Interest document. It outlines what you need to know about the funding opportunity and the application process.
- The second is the Response Form to fill out your answers. You can provide your answers in English or Te Reo.

The closing date to send in your Response Form is midday, **Monday 27 March 2023**

[Budget 2022 Funding \(nzdementia.org\)](https://nzdementia.org)

Research innovations for 2023 at Black Dog Institute

Read about some of our most innovative projects for 2023 in which we look forward to integrating research studies, digital tools and apps, clinical services, and public resources to create real-world impact for those who need it most.

[Research innovations for 2023 at Black Dog Institute - Black Dog Institute](#)

Tailored therapy for Māori with dementia mate wareware launched

Māori with mild to moderate dementia mate wareware now, for the first time, have access to a new and tailored therapy. Haumanu Whakaohoho Whakāro – Māori was launched in Auckland this month thanks to Dr Makarena Dudley. The programme been adapted specifically for Māori with funding and support from Alzheimers NZ.

[Haumanu Whakaohoho Whakāro – Māori: New tailored therapy for Māori launched - Alzheimers New Zealand](#)

Trans and intersex people born overseas still excluded from legal gender and name recognition

The government has announced its final decisions about the new process for trans and intersex people to amend their gender on a New Zealand birth certificate – and that applications open in less than four months, on 15 June 2023. This law change, recognising our right to self-determination, is a huge win for trans and intersex people born in Aotearoa. However, as Rainbow Path and many other people said in their submissions on the Bill, there needs to be an equivalent solution for asylum seekers, refugees and migrants born overseas too.

[Blog – Rainbow Path NZ](#)

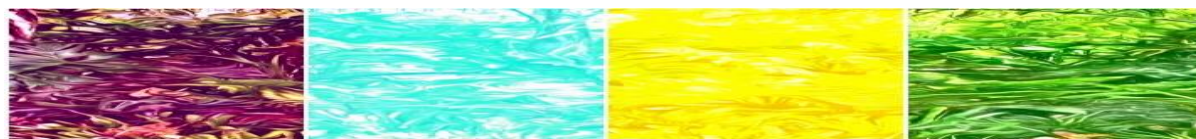
Update on the repeal and replacement of the Mental Health Act

We're well underway with our work on repealing and replacing the Mental Health Act. The Government is now considering policy proposals for new legislation across a range of areas, including those covered in the public consultation process in late 2021 and early 2022. This feedback was invaluable in developing the proposals that the Government is now considering. Once Cabinet agrees on the proposals, a Bill will be drafted. The Bill will then go through the full law-making process, including Select Committee consideration when the public will have a chance to make submissions and provide feedback.

[Read Analysis of public consultation submissions](#)

Updated national adverse events policy released – comes into effect 1 July 2023

The updated national adverse events policy was released on 13 February 2023 to health sector providers ahead of implementation effective from 1 July 2023.



Reports, articles, documents and research

Anti-Racism Maturity Models – Lessons for the Aotearoa New Zealand Health System (Stage Three Literature Review)

This is the third and final literature review in the Ao Mai te Rā series. This review examines the key features, characteristics and utility of an anti-racism maturity model approach. It explores a range of models that chart an evolutionary pathway for anti-racism practice.

[Anti-Racism Maturity Models – Lessons for the Aotearoa New Zealand Health System \(Stage Three Literature Review\) | Ministry of Health NZ](#)

Australia and New Zealand Summit on the Value of Allied Health Care

This publication provides insights into the discussions and presentations at the Australia and New Zealand Summit on the Value of Allied Health held online in August 2022.

[Australia and New Zealand Summit on the Value of Allied Health Care | Ministry of Health NZ](#)

Australia's largest study on youth mental health enters its fourth year

As levels of depression, anxiety and distress increase among Australia's youth, the Future Proofing study continues to investigate ways to best support young people with new understanding around screen time and sleep.

[Critical study into youth depression enters its fourth year - Black Dog Institute](#)

Best Practice Approaches to Addressing Racism – Lessons for the Aotearoa New Zealand Health System (Stage Two Literature Review)

This is the second literature review in the Ao Mai te Rā series. This review explores best practice approaches to addressing racism in all its forms.

[Best Practice Approaches to Addressing Racism – Lessons for the Aotearoa New Zealand Health System \(Stage Two Literature Review\)](#)

Building Blocks of Collective Action with Communities booklet

Collective Action with Communities is an approach that has been developed by Collaborative Aotearoa through sector engagement and is focused on honouring Te Tiriti o Waitangi, achieving equity and grassroots leadership. This booklet provides an overview

[Building-Blocks-of-Collective-Action_Aug-2022-f_a.pdf \(localities.org.nz\)](#)

Decriminalisation of suicide: a global imperative

Decriminalising attempted suicide has four major benefits. First, it reduces stigma against mental illness and encourages patients and caregivers to seek relevant mental health support. Second, it improves the measurement of suicidal behaviour, including its severity and characteristics, which increases opportunities for suicide prevention interventions. Third, decriminalising attempted suicide recognises suicidal behaviour as a public health problem, which makes it easier for people to seek out and receive help, thereby reducing the incidence of suicide attempts. Fourth, it protects people from the negative effects of legal processes, incarceration, and coercion by law enforcement.

[The decriminalisation of suicide: a global imperative - The Lancet Psychiatry](#)

Developing a kaupapa whānau framework to explore social, cultural and health benefits of an whānau-inspired initiative

Placing whānau at the centre of research design and delivery empowers whānau to take ownership of their own narrative while leveraging and extending their existing resources and knowledge systems. This article outlines the development of a kaupapa whānau research framework developed by whānau involved in a whānau-inspired initiative at their marae. Conducted in accordance with whānau principles, the research was guided by a tikanga approach to ensure that the experience was mana enhancing for all engaged. The conceptualisation of the kaupapa whānau framework reflects kōwhaiwhai from within the wharehenui o tūpuna Parewahawaha and introduces concepts of whakapapa, wairua, kia whakatōmuri te haere whakamua, wānanga, and mana ake as guiding principles for conducting research alongside whānau. The framework emphasises the importance of being able to work alongside one's own whānau by creating and using a research framework built around whānau worldviews and what they value.

[DEVELOPING A KAUPAPA WHĀNAU FRAMEWORK TO EXPLORE SOCIAL, CULTURAL AND HEALTH BENEFITS OF A WHĀNAU-INSPIRED INITIATIVE | MAI Journal](#)

Diversity, dignity, equity and best practice: a framework for supported decision-making

This research aimed to understand the significance of supported decision-making to the lives of people with cognitive disabilities, identify its essential elements common to anyone with cognitive disabilities in any context, and locate key implementation issues. For this Report, we understand people with cognitive disabilities to include people with intellectual disabilities, acquired brain injury, dementia and mental health conditions. Synthesising the research findings, this Report articulates the benefits of supported decision-making, sets out nine principles and eight essential elements of a 'Diversity, Dignity, Equity and Best Practice Framework for Supported Decision-making' and recommends implementation strategies.

[Research Report - Diversity, dignity, equity and best practice: a framework for supported decision-making. \(royalcommission.gov.au\)](#)

Effective and respectful interaction with Māori: How the regulators of health professionals are responding to the Health Practitioners Competence Assurance Amendment Act 2019

It is imperative for Responsible Authorities to include the cultural competence requirement into their published information about professional competencies as this would signal to the profession, practitioners, and wider community that effective and respectful interaction with Māori is a fundamental expectation of all health practitioners

[Effective and respectful interaction with Māori: How the regulators of health professionals are responding to the Health Practitioners Competence Assurance Amendment Act 2019 - PubMed \(nih.gov\)](#)

Family violence safety and stability services service guidelines

These were previously two separate service guidelines: • Family Violence Intervention Services; and • Family-Centred Services. These new Guidelines combine information from both separate guidelines to form one overarching Family Violence Safety and Stability Services Service Guidelines. They will be referred to as ‘the Guidelines’ throughout this document. This is a living document which may be updated from time to time. Check the website for any updates.

[family-violence-safety-and-stability-services-service-guidelines.pdf \(msd.govt.nz\)](#)

Fatal overdoses in Aotearoa 2017 – 2021

This report examines fatal overdoses between 2017 and 2021 based on NZ Drug Foundation analysis of coronial data. We know drug harm and fatalities far exceed the number presented in this report, including suicides, communicable and chronic health conditions.

[Report: Fatal overdoses in Aotearoa 2017-2021 | NZ Drug Foundation - At the heart of the matter](#)

Feasibility study of brief Group Transdiagnostic Cognitive Behavioural Treatment delivered via Zoom for anxiety and depression in primary care

Transdiagnostic Cognitive Behavioural Treatment (TCBT) (targeting depression and a range of anxiety disorders) is an effective treatment that targets the common factors and processes underlying anxiety and depressive symptoms.

[Feasibility study of brief Group Transdiagnostic Cognitive Behavioural Treatment delivered via Zoom for anxiety and depression in primary care \(nzma.org.nz\)](#)

Fetal alcohol spectrum disorders

Alcohol readily crosses the placenta and may disrupt fetal development. Harm from prenatal alcohol exposure (PAE) is determined by the dose, pattern, timing and duration of exposure, fetal and maternal genetics, maternal nutrition, concurrent substance use, and epigenetic responses. A safe dose of alcohol use during pregnancy has not been established. PAE can cause fetal alcohol spectrum disorders (FASD), which are characterized by neurodevelopmental impairment with or without facial dysmorphism, congenital anomalies and poor growth. FASD are a leading preventable cause of birth defects and developmental disability.

[Fetal alcohol spectrum disorders | Nature Reviews Disease Primers](#)

Going Upstream: A Framework for Promoting the Mental Health of LGBTI People

This document provides a framework to guide the development and implementation of strategies that promote mental health and wellbeing in LGBTI Australians. The document draws on a growing body of Australian and international research and identifies key factors known to influence mental health for these communities.

[going-upstream-online-o-lgbti-mental-health-promotion-framework.pdf \(d3n8a8pro7vhmx.cloudfront.net\)](#)

Guidance to support gender affirming care for mental health

This guide from the ACT Government and LGBTIQ+ Health Australia member Meridian Health is designed to support providers of mental health care to be able to deliver their services in a gender-affirming way to support the needs of trans and/or gender diverse people.

[Guidance to support gender affirming care for mental health FINAL.pdf \(d3n8a8pro7vhmx.cloudfront.net\)](#)

Handbook on gender-responsive police services for women and girls subject to violence

The handbook is based on and complements existing global and country-specific handbooks and training materials for law enforcement. It covers in depth areas such as: gender-responsive police investigations; prevention; intersectionality; survivor-centred approaches; promoting positive masculinities; coordination; institution-building; and emerging issues such as online and ICT-facilitated violence against women and girls. The handbook also includes guidance on responding to violence against women and girls during crises, including pandemics.

[Handbook-on-gender-responsive-police-services-en.pdf \(unwomen.org\)](#)

Integrating neuroscience in psychiatry: a cultural–ecosocial systemic approach

Psychiatry has increasingly adopted explanations for psychopathology that are based on neurobiological reductionism. With the recognition of health disparities and the realisation that someone's postcode can be a better predictor of health outcomes than their genetic code, there are increasing efforts to ensure cultural and social–structural competence in psychiatric practice.

[Integrating neuroscience in psychiatry: a cultural–ecosocial systemic approach - The Lancet Psychiatry](#)

Interventions to promote the utilization of physical health care for people with severe mental illness: A scoping review

Patient centered interventions to promote the utilization of and access to existing physical health care facilities may be a pragmatic and cost-effective approach to improve health equity in this vulnerable and often neglected patient population.

[Interventions to Promote the Utilization of Physical Health Care for People with Severe Mental Illness: A Scoping Review - PubMed \(nih.gov\)](#)

Invisibilised Colonial Norms and the Occlusion of Mātauranga Māori in the Care and Protection of Tamaiti Atawhai

Maori children are uplifted by the New Zealand government at disproportionate rates compared with tauiwi children. The removal of tamariki from culturally embedded networks exacerbates intergenerational trauma created by colonisation. Placements into unsafe contexts mean that additional instances of harm and cumulative trauma are common, and tamaiti atawhai are not positioned within fullness of their cultural being. This article draws on a broader Kaupapa Māori project involving semi structured interviews with kaiāwhina Māori across the North Island. Using thematic analysis, this article discusses collisions between settler-colonialism and Māori culture experienced by kaiāwhina. State disengagement with Māori culture poses harm to Māori staff and constrains the utility of tikanga Māori through the unquestioned dominance of Eurocentric approaches while enacting harm upon whānau. This work positions radical structural overhaul of existing state care systems as imperative while seeking to illuminate elements of settler-colonialism that prevent care and protection systems from incorporating mātauranga Māori.

[INVISIBILISED COLONIAL NORMS AND THE OCCLUSION OF MĀTAURANGA MĀORI IN THE CARE AND PROTECTION OF TAMAITI ATAWHAI | MAI Journal](#)

Kāiga Tokelau Wellbeing National Strategic Plan 2022–2026

Kāiga Tokelau Wellbeing National Strategic Plan is a project led, developed, written and endorsed by Tokelau Aotearoa New Zealand communities in Ashburton, Auckland, Christchurch, Dunedin, Hutt Valley, Invercargill, Manawatu, Oamaru, Porirua, Rotorua, Timaru and Taupo.

[Kaiga-Tokelau-Ke-Ola-Strategy-Plan-22 WEB.pdf \(pasefikaproud.co.nz\)](#)

Lalawa Ni Tiko Vinaka - National Fijian Wellbeing Plan 2022–2025

Lalawa –is the product of the collective effort of Fijian community leaders and the Ministry of Social Development (MSD) through Pasefika Proud’s Path for Change strategy. It arose from a talanoa process to socialise the topic of “wellbeing” (tiko vinaka) followed by the development of a plan to realise the wellbeing aspirations of Fijians in Aotearoa New Zealand.

[Lalawa-Fijian-WellBeing-Plan-2022-WEB.pdf \(pasefikaproud.co.nz\)](#)

Prisoner Correspondence Network (PCN)

The Prisoner Correspondence Network (PCN) is a letter-writing program for takatāpui, queer, trans, and/or intersex people in prisons in Aotearoa. PCN fosters friendships and support networks between incarcerated and free queer people, allows for writing practice, and provides a space for personal expression free from homophobia and transphobia.

[Prisoner Correspondence Network Aotearoa \(pcn.nz\)](#)

Psychedelic-Assisted Therapy

Australia recently authorised psychiatrists to prescribe psilocybin for PTSD and treatment-resistant depression. While Black Dog Institute supports psychedelic-assisted therapy in evidence-informed circumstances, further research and carefully developed protocols are required before psychedelics for mental health are put to wider practice.

[Psychedelics for mental health show a lot of promise, but there are gaps in knowledge that are important to address - Black Dog Institute](#)

Psychological distress 12 years following injury in New Zealand: Findings from the Prospective Outcomes of Injury Study-10 years on (POIS-10)

Clinically relevant distress persists long-term post-injury among adults with varying injury severity, types and causes, and at higher prevalence than in the general population.

[Psychological distress 12 years following injury in New Zealand: findings from the Prospective Outcomes of Injury Study-10 years on \(POIS-10\) \(nih.gov\)](#)

Reimagining eating disorder spaces: A qualitative study exploring Māori experiences of accessing treatment for eating disorders in Aotearoa New Zealand

More education is needed for those working in the space of primary health settings about the diversity of those with eating disorders.

[Reimagining eating disorder spaces: a qualitative study exploring Māori experiences of accessing treatment for eating disorders in Aotearoa New Zealand - PMC \(nih.gov\)](#)

Review of recent research and discussion of priority areas to reduce the risk of suicide in infants, children and young people

In 2021, the CDRB commissioned Professor Brett McDermott to produce a report on youth suicide. The report provides an overview of the latest research including neurobiological and epidemiological evidence, as well as an overview of findings from cases where children died by suicide. The report provides insight into the significant impact of adverse childhood experiences on children's mental health and risk of suicide. It identifies the core elements necessary for child protection and mental health systems to respond appropriately to highly vulnerable infants, children and young people.

[QFCC PREVENTING SUICIDE REPORT \(cdrb.qld.gov.au\)](https://www.cdrb.qld.gov.au/qfcc-preventing-suicide-report)

Scoping review of employment resources for individuals with fetal alcohol spectrum disorder and justice involvement

This review highlights the need for developing evidence-based employment-related resources for justice-involved people with FASD. Most of the 16 identified resources had a psychoeducational and advocacy component and described typical employment challenges with specific supports and accommodations to maximise workforce participation. However, none had been empirically evaluated, underscoring the importance of future research in this area to better inform more responsive and evidence-based employment-related programmes.

[bmjopen-2022-063860.pdf \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/35886022/)

Smokefree Aotearoa – world-leading developments with profound public health implications

Tobacco smoking is a major cause of preventable and inequitable ill health and premature death in Aotearoa, particularly for Māori. Developments, together with a recent acceleration in the decline in smoking, including among Māori, suggest that achieving the smokefree Aotearoa is realistic. The action plan could serve as a precedent and exemplar, thereby encouraging adoption of similar approaches in other countries. However, challenges remain as the action plan requires implementation of measures that have not been introduced at national level anywhere in the world, and the tobacco industry and its allies are likely to be determined opponents.

[Smokefree Aotearoa – world-leading developments with profound public health implications | PHCC](https://www.phcc.org.nz/smokefree-aotearoa-world-leading-developments-with-profound-public-health-implications)

Stalking law for New Zealand: why it is necessary and what it should look like

Stalking is unwanted repetitive and persistent intrusions into a person's life: it is a form of abuse that is a risk factor for physical and sexual violence, including death. Even if a single action appears trivial, stalking is a pattern of behaviour, which a reasonable person would find distressing, or objectionable or frightening. Women are disproportionately affected by stalking, particularly young women, disabled women, rainbow women and likely wāhine Māori, while migrants and ethnic minorities may experience unique forms of stalking. The most dangerous, and persistent stalking is conducted by ex-partners of women, with child contact being a particular risk factor. The targeting of women participating in public discourse (politicians,

journalists, celebrities) may dissuade others from speaking out, preventing women from contributing their expertise and thought leadership to public discourse.

[New Zealand Family Violence Clearinghouse catalog › Details for: A stalking law for New Zealand : why it is necessary and what it should look like \(nzfvc.org.nz\)](#)

Standards Mapping Analysis

HealthCERT has completed the official mapping analysis of the Health and Disability Services Standards (NZS 8134:2008), the Fertility Services Standard (NZS 8181:2007), the Home and Community Support Sector Standard (NZS 8158:2012) and the Interim Standards for Abortion Services in New Zealand to the updated Ngā Paerewa Health and Disability Services Standard NZS 8134:2021 ('the 2021 standard'). This official mapping analysis compares the previous standards with the 2021 standard, showing which criteria have changed and which have stayed the same.

This document will support providers to plan and prepare for meeting the updated requirements in the 2021 standard.

[Standards Mapping Analysis | Ministry of Health NZ](#)

State of the nation 2023

This year's report theme is Costs... of Living | Nga Rourou Whakaiti. This theme acknowledges the very real pressures that are increasingly and significantly affecting people's lives as inflation increases.

[State of the Nation 2023 | The Salvation Army](#)

Te Rito o Te Harakeke : decolonising child protection law in Aotearoa New Zealand

It is now firmly established that the overrepresentation of tamariki Māori within the Aotearoa New Zealand child protection system is largely a consequence of colonisation. However, at least as far as the Crown is concerned, the contention that decolonisation is a necessary step in reversing those trends remains a more controversial issue. Drawing on my doctoral research into this topic, this article argues that the child protection system must be decolonised, and that efforts towards reform which do not prioritise decolonisation are likely to perpetuate long-standing harms. The article has four goals. First, I examine why decolonisation provides the best framework through which to enact child protection system reform. Secondly, I identify three overarching themes within the current legal framework, but argue that the presence of these themes does not mean they are all given equal weight. Thirdly, I outline a theory of reform I have termed "kaupapa Māori legal theory", which seeks to enable legislative change based on tikanga Māori in a way which pays heed to the risks of doing so from a Māori perspective. Finally, I apply that theory to child protection law, identifying six tikanga principles which could provide the basis of a decolonised system: mana, rangatiratanga, wānanga, whānau, whakapapa and whanaungatanga.

[View of Te Rito o Te Harakeke: Decolonising Child Protection Law in Aotearoa New Zealand \(victoria.ac.nz\)](#)

Whakairo: A values-led approach to psychiatric epidemiology

A growing body of researchers recognise the importance of making explicit the values underpinning epidemiology theory and methods. This is particularly important when research seeks to address social issues and given the role of research in advancing (or disadvantaging) health outcomes. In Aotearoa, New Zealand, health and social care systems privilege non-

Māori, and this has contributed to significant and growing health and socioeconomic inequities. There is also an entrenched structural discrimination across the whole health system affecting people who experience mental health challenges and problematic substance use, as evidenced in the continued gap in life expectancy and access to economic resources. [Whakairo: A values-led approach to psychiatric epidemiology - Helen Lockett, Amanda Luckman, Angela Jury, Talya Postelnik, Cameron Lacey, 2023 \(sagepub.com\)](#)

Whiria te Muka Tangata: Anti-Racism Systems Change: A preliminary model for the Aotearoa New Zealand health system

Whiria te Muka Tangata weaves together the insights and recommendations outlined in the three literature reviews developed as part of Phase One of Ao Mai te Rā. These reviews can also be found via this link under 'Related Areas'.

[Whiria te Muka Tangata: Anti-Racism Systems Change | Ministry of Health NZ](#)

Why we need to reframe the conversation on 'Asian' mental health in Aotearoa.

In the video, the second in a six-part series for the Asian Mental Health project, several knowledge holders working in the Asian mental health space outline the key issues we need to tackle to open the door to positive change.

[Why we need to reframe the conversation on 'Asian' mental health in Aotearoa | Te Papa's Blog](#)