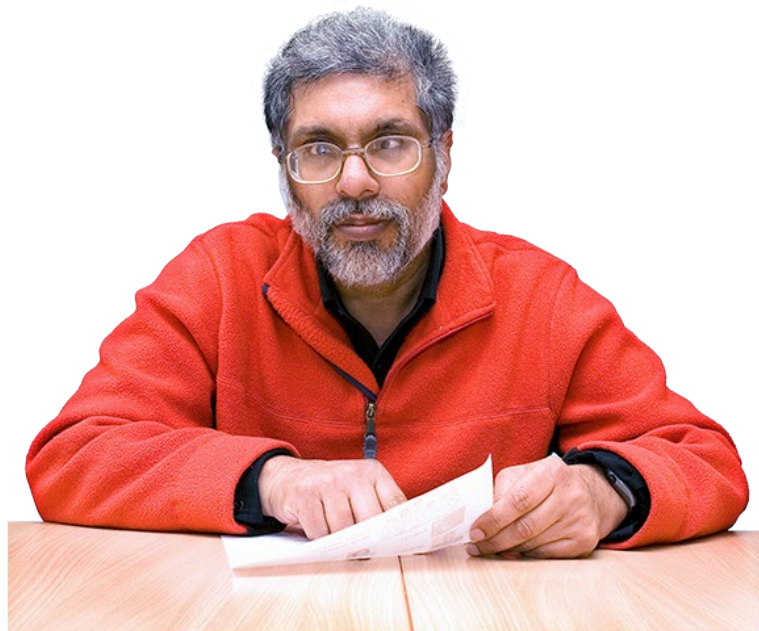




Access to mental health and addiction services: Participant information



Published: November 2023

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About this document



This document is from **Te Hiringa Mahara – Mental Health and Wellbeing Commission.**



In this Easy Read document:

- Te Hiringa Mahara – Mental Health and Wellbeing Commission is called the **Commission**
- when you see the words **we / us / our** it means the Commission
- **services** means:
 - **mental health services**
 - **addiction services.**



Mental health is about how you feel.



The feelings you have can change:

- how you think about things
- the things you do.



When you feel good you can enjoy the everyday things you do.



When you do not feel good it can be hard to do these things.



Having a **mental illness** means having conditions like:

- depression
- anxiety
- bipolar disorder
- schizophrenia
- post traumatic stress disorder
- eating disorders.



There are many other conditions.



These are just some of them.



Addiction means not being able to stop yourself from doing things like:

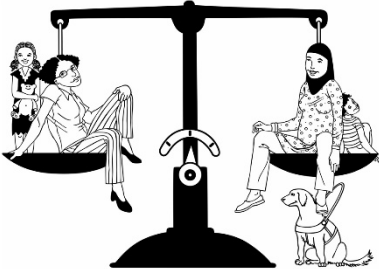
- using drugs
- drinking alcohol
- gambling money – like:
 - betting on the horse racing
 - going to a casino.



There are many other things that people can be addicted to.

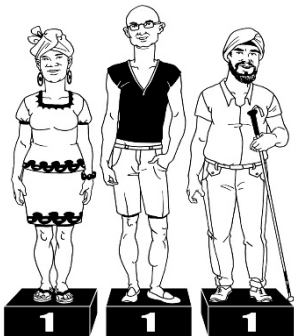
These are just some of them.

What does the Commission do?



The Commission works to make it easier for people in Aotearoa New Zealand to have **equitable access** to good:

- mental health outcomes
- **wellbeing** outcomes.



Equitable access / equal access means being able to get support from services just like everyone else.



Wellbeing means things like:

- how we feel about ourselves
- getting support when we are feeling sad or worried
- feeling safe
- being able to decide what is important to us.

People who find mental health hard can still have a good life.

Sometimes people need support / services to have a good life.



Part of the work we do is writing reports.

Reports are written information about something.



Our next report is about how much access people have to:

- mental health services
- addiction services.



We are making our next report about this because people are using services less.



Our last report was called
Te Huringa Tuarua 2023.

The report found that people are using mental health / addiction services less.



The Te Huringa Tuarua 2023 report does not have enough information for us to say why people are using services less.



You can find this report on our **website:**

[https://tinyurl.com/2f89te95.](https://tinyurl.com/2f89te95)



Te Huringa Tuarua 2023 report is **not** in Easy Read.



The rest of this Easy Read document is information about:

- what the **focus group** is
- what questions we will ask the focus group
- how we will use the information you have shared with us
- the **koha** from us.



A **focus group** is a small group of people who come together to share their experiences.



A **koha** is a gift of some money.

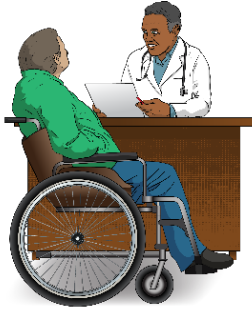
The focus group



If you choose to be a part of our focus group we will ask you to share:

- your views / opinion
- your experiences of accessing:
 - mental health services in Aotearoa New Zealand
 - addiction services in Aotearoa New Zealand
- if you are able to choose what services you access.





We are very interested in hearing about what services you can access:

- at your general practice / doctors
- at the hospital
- in your community
- online
- by calling a helpline.



Focus group questions



There are a total of **10** questions.

There are:



- **5** questions about accessing / getting services
- **5** questions about choosing services.

Accessing / getting services

Question 1:

How easy is it for you to access services:



- when you need to
- where you need to.

Question 2:

- Do you have support to assist you to access services?
- Is it easy to access this support?



Question 3:

Are there things that make it hard for you to access services?



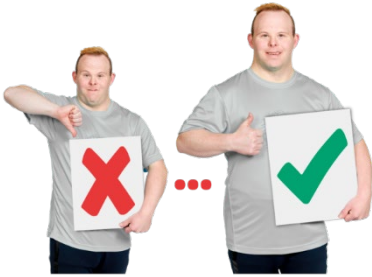


Question 4:

Has it been easier or harder for you to access services between:

- 2018
- 2023.

Question 5:



- What does easy access to service look like for you?
- What changes would you like to see happen?

Choosing services

Question 1:



- Can you choose what services you access / get?
- What choices in services do you have?

Question 2:



Has it been easier or harder for you to choose the services you access between:

- 2018
- 2023.



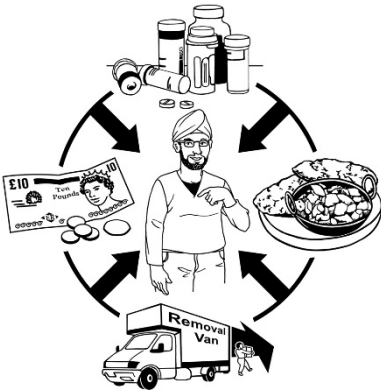
Question 3:

Have you found more services to choose from between:

- 2018
- 2023.

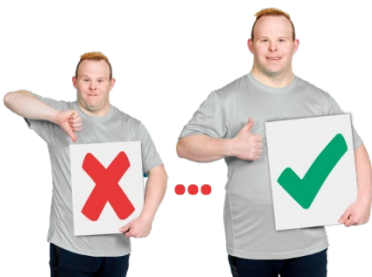
Question 4:

- What does choice mean to you?
- What changes would you like to see that would make it easier for you to choose the services you access?



Question 5:

What changes do you think need to happen so you have more choice in services?

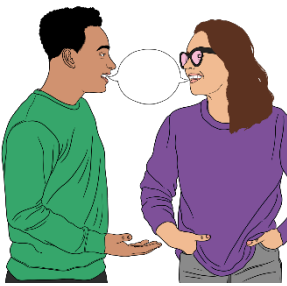


How we will use what you have shared with us



The information you share with us will be used in our new report.

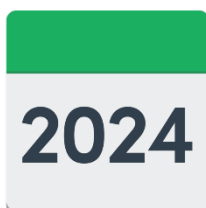
There will also be a **summary** about:



- what we heard from people
and
- their experiences of accessing services.



A **summary** is the main things that people told us.



We plan to have both reports available by the end of June 2024.

Koha



You can get a koha payment if you are taking part in the focus group in your time or not during work hours.



This is a way of us saying thank you for being part of the focus group.



We will give 50 dollars each hour you are part of the group.



We will put the money into your bank account.



This will happen:

- fifth of the next month
- twentieth of the next month.



If you want to get a koha please add your bank details in the **consent form**.

Where to find more information



You can find more information about the Commission on our **website**:

www.mhwc.govt.nz



You can contact the Commission by:



- **email:**

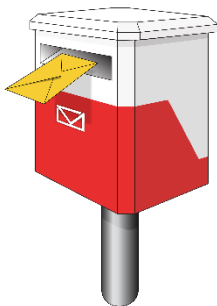
kiaora@mhwc.govt.nz

- **post:**

Te Hiringa Mahara

DX Box SP22502

Wellington





This information has been written by Te Hiringa Mahara – Mental Health and Wellbeing Commission.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



The ideas in this document are not the ideas of People First New Zealand Ngā Tāngata Tuatahi.



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