**This infographic presents selected key findings from our latest report on the** [**Access and**](https://www.mhwc.govt.nz/access-choice-2025)[**Choice programme**](https://www.mhwc.govt.nz/access-choice-2025) **on the use of these services by Māori. This includes Kaupapa Māori primary mental health and addiction services that are funded through the programme.**



**Kaupapa Māori primary mental health and addiction services**

*Access and Choice programme 2025*

**Published: April 2025**

Te Hiringa Mahara (Mental Health and Wellbeing Commission) is legislated to monitor mental health

and addiction services, and we are committed to being grounded by our [**Te Tauāki ki Te Tiriti o Waitangi |**](https://www.mhwc.govt.nz/assets/Who-we-are/Te-Tiriti-o-Waitangi-position-statement/Te-Tiriti-Doc-English.pdf)[**Te Tiriti o Waitangi position statement**](https://www.mhwc.govt.nz/assets/Who-we-are/Te-Tiriti-o-Waitangi-position-statement/Te-Tiriti-Doc-English.pdf). We monitor and advocate for increased investment in Kaupapa Māori services.

Kaupapa Māori services are whānau-centred services delivered by Māori for Māori. They are designed to provide free, flexible, and tailored support that is culturally appropriate for Māori.

The Access and Choice programme was funded from the 2019 Wellbeing Budget to provide additional support for ‘mild to moderate’ mental health and addiction needs in primary care and community settings.

The programme consists of four service types – Integrated Primary Mental Health and

Addiction (IPMHA), Kaupapa Māori, Pacific, and Youth services.

1. **Context**

As of 30 June 2024

**Aotearoa New Zealand’s estimated Māori population was 922,600 people**

**17.5 per cent** of the national population.1

|  |  |
| --- | --- |
| Māori aged  15 years and over reported **experiencing moderate psychological distress.**2 | 2023/24  **22.5%** |

1. **Use of Access and Choice services**

|  |
| --- |
| Of everyone using Access and Choice services (all services combined) in 2023/24 |
| **27% were Māori** |

**Māori accessed all service types as intended by the programme. Māori represented:**

**76% 35% 19% 11%**

**Kaupapa Māori services Youth services IPMHA services Pacific services**

# 26,668 new people were seen by Kaupapa Māori services in 2023/24.

Of these, **76 per cent were Māori**

and **24 per cent were non-Māori**

**Māori 76%**

**Non-Māori 24%**

In 2023/24, over

**207,000**

**people accessed**

**Access and Choice services.**

1 Sourced from Aotearoa Data Explorer in February 2025.

2 Sourced from the New Zealand Health Survey annual data explorer in February 2025.



You’ll notice one of the datasets we have is around a percentile of Māori participation with services and that’s not 100%, its 70, 60, 50. That tells us non-Māori want our service.

**Figure 1: Number and percentage of new people seen by ethnicity3 by Kaupapa Māori services (2023/24)**

**76% Māori**

20,313 people

**6% Pacific**

1,704 people

**4% Asian**

1,132 people

**13% Other**

3,519 people

Kaupapa Māori service provider





In 2023/24:

**Over 8,300**

(20 per cent) rangatahi and young people (12–24 years) who used Access and Choice services accessed Kaupapa Māori services.



= almost

+

+

For Māori and Pacific services, it is common to see many whānau or family members in one session, but this is only counted as one person reached. This may impact

the number of new individuals who are seen as well as obscure the true number of people reached.

**48,000**

people

Pacific Youth

services services

Kaupapa

Māori services

The average number of sessions provided by Kaupapa Māori services per person ranged from approximately one to four sessions.

3 Data were provided to us using prioritised ethnicity, rather than total ethnicity, given we are reporting unique people seen. As a result, people who identify with multiple ethnic groups are identified in the data as having one prioritised ethnicity, with the prioritisation being Māori, then Pacific, then Asian, then Other ethnicity.

1. **Difference made by Kaupapa Māori services**

Outcomes data collection methods vary from service to service and include various formats, such as outcome measurement tools like Hua

Oranga, narrative reports, case studies, goal setting, experience surveys, evaluation forms, photos, and videos using ‘whānau voice’.

Kaupapa Māori service providers have shared with us the positive impacts of people accessing their service.



The reconnection to indigenous self is what has been good for whānau in whatever way that looks. The whānau lead the kaimahi to those spaces.

Kaupapa Māori service provider



A couple of tāngata whaiora have told me the change in their whole wairua when they engage in the whenua, so therapeutic



… you don’t find that in traditional mental

health services outside of Kaupapa Māori.

So, we take whānau into the ngahere and we help them to reconnect with Papatūānuku and we help them to know our own healing modalities to utilise and how to make their own rongoā and those things are really helpful.

The kaimahi that were on there [a programme] saw the strength of this young person, to be a tuakana, so they have supported him and he’s in a place now where he’s back in education.

1. **Coverage of Kaupapa Māori services**

By 2023/24, Kaupapa Māori services were:

**established in all 20 districts, totalling 32 Kaupapa Māori services.**

1. **Kaupapa Māori services workforce**

|  |  |
| --- | --- |
| **92%** | **of FTE (263.5 FTE of 286.6 FTE contracted) were employed by 2023/24**  **representing the highest employment rate of all four Access and Choice services.** |

1. **Investment in Kaupapa Māori services**

In the first year of the Access and Choice programme roll-out, time was taken to co-design Kaupapa Māori services with Ngāi Māori (whānau, hapū, iwi, Māori

By 30 June 2024, **over $83 million** (of $664 million) was **committed to Kaupapa Māori services.**

organisations, and tāngata whaiora Māori). The commissioning process, along with COVID-19, resulted in a delayed roll out and an underspend for Kaupapa Māori services in the early years of the programme.

**$**

**20 per cent** of the total Access and Choice service delivery funding is now **committed to the delivery of Kaupapa Māori services.**

**Figure 2: Funding allocated and committed for Kaupapa Māori services, 2019/20 – 2023/24**

40

35.5

28.4

20.3

21.0

17.7

13.1

5.3

2.0

35

30

37.3

25

Dollars ($m)

20

15

10

5

0

2019/20 2020/21 2021/22 2022/23 2023/24

Allocated Committed

**Moving forward**

Te Hiringa Mahara wants to see outcomes data captured and collated nationally using outcome tools to be agreed in partnership with providers and tāngata whaiora and whānau who use Kaupapa Māori services.

We also want to see a nationally consistent way to gather data from tāngata whaiora and whānau on their experience of services. Finally, we want to see the number of whānau seen within sessions to be recognised and reflected in access numbers.

**Data**

The findings reported here are sourced from:

* + **Access and Choice programme data:** Supplied by Health NZ | Te Whatu Ora and the Ministry of Health | Manatū Hauora
  + **Psychological distress data:** Ministry of Health, New Zealand Health Survey 2023/24
  + **Population data:** Stats NZ, Aotearoa Data Explorer
  + **Qualitative data:** Gathered through wānanga that we conducted with various Kaupapa Māori service providers.

Authored by Te Hiringa Mahara — Mental Health and Wellbeing Commission. April 2025.

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