

Te Hiringa Mahara | About us

Te Hiringa Mahara (Mental Health and Wellbeing Commission) is kaitiaki (guardian) of mental health and wellbeing in Aotearoa New Zealand. We were established as a result of [He Ara Oranga](#) (the 2018 inquiry into mental health and addiction), as an independent Crown entity at arms-length from the government of the day.

Our objective is to contribute to better and equitable mental health and wellbeing outcomes for all people in Aotearoa. We perform an enduring role in transforming Aotearoa New Zealand's approach to mental health and wellbeing.

We are committed to being grounded in Te Tiriti o Waitangi. We have made a [strong commitment](#) to Te Tiriti o Waitangi and improving mental health and wellbeing outcomes for Māori and whānau. This is front and centre of who we are and what we do.

We are committed to prioritising the voices of people who experience mental distress, substance harm, gambling harm or addiction, and advocating for their needs and aspirations

Our responsibilities

Our role is to be the eyes and ears of people in Aotearoa, amplifying the voices of our communities. We are keeping watch on what is happening in our mental health and addiction systems, speaking up and bringing focus to areas where meaningful, long-term transformation can take place.

We are responsible for

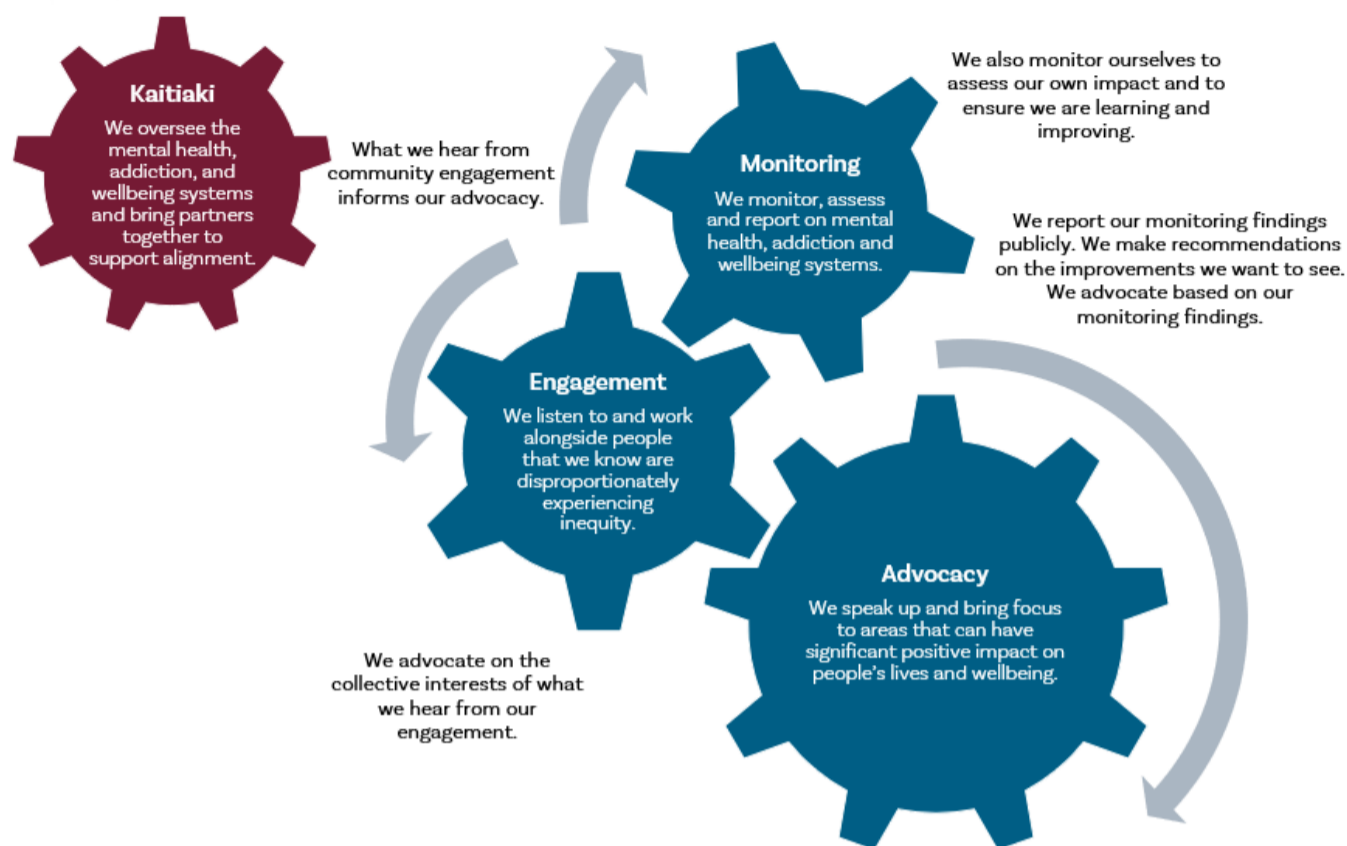
- providing mental health, addiction, and wellbeing system-level oversight
- assessing wellbeing of people in Aotearoa and advocating for changes to improve wellbeing
- monitoring mental health and addiction services at a national level and advocating for improvements to services
- promoting cross-agency alignment
- advocating for the collective interests of people with experience of distress or addiction, and their supporters including family and whānau.

[Our strategy](#) sets out four enduring priorities:

1. advancing mental health and wellbeing outcomes for Māori and whānau
2. achieving equity for priority populations
3. advocating for a mental health and addiction system that has people and whānau at the centre
4. addressing the wider determinants of mental health and wellbeing



We take an integrated approach to our engagement, assessment, monitoring, reporting and advocacy, in order to use all our tools to influence and effect change.



We are not responsible for

- allocating funding to agencies, providers, or people seeking support
- assessing individual needs or sourcing providers for a person's therapy and care
- advocating for individual people or whānau who have concerns about mental health, addiction or other support services.

Where to get more help

Te Hiringa Mahara does not handle complaints about individual or whānau experiences of using mental health and / or addiction services. These complaints are managed by the Office of the Health and Disability Commissioner (HDC): <https://www.hdc.org.nz/making-a-complaint/>

For more information about mental health supports and services available in your area, please visit Healthpoint: <https://www.healthpoint.co.nz/> or contact Te Whatu Ora: <https://www.tewhatauora.govt.nz/about-us/contact-us/>

Visit our website for a list of resources and places where you or someone you love who is experiencing mental distress or addiction can get support: <https://www.mhwc.govt.nz/contact-us/where-to-get-support/>

More information on our work

For more information on our work and functions visit our website: <https://www.mhwc.govt.nz/about-us/>

If you have any queries or want to be added to our mailing list to be kept updated with our work, email us: kiaora@mhwc.govt.nz

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