



Te Hiringa Mahara

Mental Health and Wellbeing Commission

Te Hiringa Mahara

Our name

Te Hiringa Mahara is kaitiaki of mental health wellbeing in Aotearoa. Our name signifies positive energy, thoughtfulness, encouragement, confidence and strength.

Te Hiringa Mahara inspires and ignites our inquiring and inquisitive minds, illuminating and liberating the potential within. Te Hiringa Mahara: Te hinengaro tūmata tōrunga pai o te whakaaro nui Igniting minds through positive energy and thoughtfulness.



Te Hiringa Mahara



Our name

Te Hiringa Mahara is inclusive of all peoples, tangata whenua and tangata tiriti.

We are kaitiaki of mental health and wellbeing in Aotearoa.

Te Hiringa Mahara

Te Tohu

The tohu resembles the shape of the Manaia. Like the essence of our name, the Manaia has been a symbol of kaitiakitanga/guardianship to Māori for a very long time.

He whakaaro Māori te Kaitiakitanga – me te mea, ka taea ki te whakauru atu etahi ake o ngā whakaaro ki roto i tēnei ahuatanga.



Te Hiringa Mahara

Te Pou Rama o Te Hiringa Mahara

This is the pou of Te Hiringa Mahara. It's a pou that ignites deep and meaningful thought. It exudes courage, clarity, understanding, connectedness, and inclusiveness.

The two manaia that wrap this pou, represent the connection from Te Hiringa Mahara to the people and organisations we connect with.



Te Hiringa Mahara

Te Pou Rama o Te Hiringa Mahara

The permanency of this pou symbolises a stake in the whenua which will not waiver on its values as we go about our mahi as the kaitiaki of mental health.

Pou rama is our collective guide ... lighting the path and guiding the way.





Te Hiringa Mahara

Working together to achieve our vision



Te Hiringa Mahara

Improving the Mental Health and Wellbeing of All
People in Aotearoa New Zealand