Mental Health and Wellbeing In Aotearoa NZ

What are the Issues?

Shaun Robinson
What is Mental Health?
Mental Health has Four Dimensions

Flourishing

Lack of Mental Illness

Mental Illness

Languishing

Our vision: a society where all people flourish.

Keyes 2002
Flourishing (mostly)
“Positive emotion, engaged, emotionally stable, vital (energetic), optimistic, resilient, good self-esteem, competent, sense of meaning and direction and positive relationships”

Languishing (mostly)
“A Hollow or Empty Life “ negative (frequent low mood), disengaged, emotional instability, sluggish, pessimistic, fragile, low self-esteem, poor competence, lack of meaning/directionless and dysfunctional relationships”
What does Mental Health look like in New Zealand?
The Four Dimensions of Mental Health
In Aotearoa/New Zealand

25% flourishing
25% doing okay but could be better
30% languishing
20% experiencing mental illness right now

Our vision: a society where all people flourish.
Range of Evidence

One in Two New Zealanders will experience a common mental illness in their lifetime (47%, or 2,200,000 people) NEW ZEALAND MENTALHEALTH SURVEY 2006

One in Five adults had a diagnosable mood and/or anxiety disorder in 2013/14. (18.6% or 680,000 people) Ministry of Health Statistics

47% of Kiwi’s had 2 or less areas of their lives functioning well for their wellbeing Dept Stats Wellbeing Index

25% of Kiwis have flourishing (Awesome) lives
53% “could be doing better”
Sovereign Wellbeing Survey
‘It is a remarkable paradox, that at the pinnacle of human material and technical achievement, we find ourselves anxiety-ridden, prone to depression, worried about how other see us, unsure of our friendships, driven to consume and with little or no community life’.
What are We Trying to Achieve in Mental Health?

- Flourishing
- Languishing

Lack of Mental Illness

Mental Illness
Shift the Population Curve

Flourishing

Doing Okay

Languishing

Mental illness

Our vision: a society where all people flourish.
A Framework for Mental Health and Wellbeing

Addressing Social Determinants

Positive Mental Health

More Equal & Accepting Community

Promote Wellbeing & Resilience

Eliminate Stigma & Discrim'

Community as first line of Support

Support Recovery

Empower Self Care

Early Intervention and Crisis Support

Accessible, Culturally Responsive Trauma Informed

Education, social marketing, social norming supported by legal and human rights frameworks

The skills confidence and support to have safe conversations about mental health and support one another

The knowledge, skills, and support to manage one’s life to maximise our potential, whether living with symptoms of mental health problems or not

Recovery focused, whanau engaged, peer led/informed, culturally responsive options, of both community-based and in-patient support
Leadership and Commitment

A New Blueprint

Resources

Workforce Development

Empowerment of Māori

Legal Frameworks

A Bias Towards the Most Impacted

A culture of Responsibility, openness and learning...
NOT BLAME

All of Government

All of Community

Mental Health Foundation
mauri tū, mauri ora
www.mentalhealth.org.nz
Necessary But Won’t Get Us there on its Own

- Early Intervention and Crisis Support
- Support Recovery
A “virtuous cycle” of change