



## Budget 2019: Mental Health, Wellbeing and Addiction initiatives

FACT SHEET  
30 May 2019

### Expanding access to and choice of primary mental health and addiction support

This initiative will improve access to, and choice of, primary mental health and addiction services for all New Zealanders who need them, with a particular focus on those with mild to moderate need. A new frontline service will be rolled out over five years, so that anyone can access mental health, wellbeing and addiction support when and where they need it.

More details will be confirmed during 2019, including the process for selecting which regions will be first to develop these services, before the full roll-out takes place.

#### Key Impacts:

- From 1 July 2020, we expect 81,250 additional people will be able to access free services, and this will increase further each subsequent year.
- Enhanced support will be available nationwide in a range of settings. We expect around 325,000 people per year will access these services once it is fully rolled out by the end of five years.

#### FAQs

##### How will the services be delivered?

- New Zealanders will have free and immediate advice and support to meet their needs. The services that provide that support will vary depending of the needs and culture of each community – building on access through general practices, non-government organisations, Kaupapa Māori Providers, Pacific providers, community organisations (such as universities and youth centres), and online. It is important that we work with communities and with people with lived experience of mental illness to design the right services, which was a key recommendation of *He Ara Oranga*.

##### What services will be available?

Responses will range from **brief interventions and helping people help themselves** to improve and maintain mental wellbeing, to **targeted therapies**.

- **More intensive and ongoing support** will be available for those who need it.
- We will **build new workforces** to support people with their mental health and wellness goals.
- **Existing workforces will be upskilled** to respond to people who are experiencing social or psychological distress.
- Services will be strongly connected to other community providers and help provided for people to access social and specialist support when needed.

## **Expanding telehealth and digital supports for mental wellbeing**

Free mental health and addiction support available over the phone and online will be expanded in Budget 2019 which will fund about 58,000 responses.

## **Preventing suicide and supporting people bereaved by suicide**

This initiative complements a new Suicide Prevention Strategy and Action Plan which will be considered by Government in mid-2019.

The initiative will include:

- Establishing a **national suicide bereavement counselling fund** providing free counselling for people bereaved by suicide
- **Tailored Māori and Pacific suicide prevention initiatives** addressing New Zealand's persistently high suicide rates
- An **expanded** family and whānau suicide prevention information service
- **More suicide prevention services in district health boards**, including increased post-discharge support
- **Reviewing** the Office of the Coroner's data sharing service
- An improved suicide media response service, **supporting responsible discussion about suicide across all media and social media.**

## **Expanding and enhancing school-based health services**

Young people's wellbeing needs will be better supported by investment to enhance existing health services in decile 1–4 publicly-funded secondary schools, and expansion into select publicly-funded decile 5 secondary schools. Around 77,700 students at decile 1–4 secondary schools and 5,600 more students at decile 5 secondary schools can access the services.

## **Intensive parenting support & Mental wellbeing support for parents and whānau**

Two initiatives are aimed at improving the mental wellbeing of parents.

- Pregnancy and Parenting Services funding expands alcohol and drug services for pregnant women and parents with children under three years of age to two more sites. Each site will be able to support about 100 women and their family and whānau every year.
- The second initiative will develop enhanced mental wellbeing support for parents and whānau who have mental health or addiction needs during pregnancy, the first two years of a child's life, or following a stillbirth. It focuses on the first thousand days, and will help families whose mental wellbeing is negatively affected by factors such as stress, age, socio-economic status or violence.

## **Forensic mental health services for adults and young people**

Over fifty fulltime equivalent staff will facilitate treatment of adults and young people in forensic services, and management of people reintegrating into the community or needing court reviews. The initiative also increases services for young people in response to raising the youth justice age from 17 to 18 years, which may result in more young people within the system.

### **Improving support for people experiencing a mental health crisis**

Each year, around 15,000 people come to emergency departments experiencing a mental health crisis or at risk of suicide. This initiative will improve the health workforce's capability by funding different needs across regions, including training and upskilling of emergency department staff who respond to people experiencing a crisis, or connecting with peer, community or spiritual support.

### **Promoting wellbeing in primary and intermediate schools**

This initiative will give more than 522,000 primary and intermediate aged children and their teachers, in 1,946 schools, access to resources to build mental resilience.

### **Enhancing primary addiction responses**

This initiative will expand the range of support available to approximately 5,000 people each year with mild to moderate alcohol and other drug (AOD) addiction issues, including short-term interventions, counselling or group therapy.

### **Enhancing specialist alcohol and other drug services**

This initiative will lift the quality of residential care, detoxification and aftercare support for over 2,000 people who use specialist AOD services each year, and ensure these services are sustainable.

### **New and upgraded facilities**

Budget 2019 includes \$200 million for mental health and addiction capital works. One of the first regions to benefit from this will be Tairāwhiti, which will get to pioneer a new model of care, combining both mental health and addiction services on the same site.

### **Te Ara Oranga – continuing the methamphetamine harm reduction programme in Northland**

Te Ara Oranga is a methamphetamine harm reduction programme supporting a population with complex health and social needs in the Northland region. This funding means Te Ara Oranga will continue, allowing Northland DHB and Police to keep helping up to 500 people who need support.

### **Establishing a Mental Health and Wellbeing Commission**

Budget 2019 sets aside funding to establish a Mental Health and Wellbeing Commission. The Ministry of Health will advise Government on the establishment process for the Commission and any additional funding needed for the Commission's ongoing operations will be provided by Government at a later date.