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## Introduction

### 2020

We have decided to report on the calendar year due to the extraordinary nature of 2020. The Covid-19 pandemic had significant impacts on every aspect of New Zealanders' daily lives. The mental health impacts are continuing to be felt into 2021 and beyond.

Despite the many disruptions that Covid-19 caused, the Mental Health Foundation (MHF) was able to provide a wide range of support to the community that helped people sustain their mental health and wellbeing through troubled times.

While we pivoted and responded specifically to Covid-19, the MHF's ongoing core work showed its strong benefits during hard times. That core work is epitomised by our whakataukī "Mauri Tū Mauri Ora – create space for the positive life force in all things". It involves promoting ways to sustain wellbeing and providing information on mental health and on ways people can care for one another. We increased our reach and effectiveness, and are particularly proud of our increased effectiveness for Māori.



In 2020:

- Over 900,000 New Zealand adults said our work helped them do something to improve their wellbeing.
- 142,000 of those who did something to improve their wellbeing were Māori.
- 1 million people used our website – a 20% increase on 2019.
- 580,000 people accessed our information and guidance on mental health.
- 360,000 resources were distributed.
- Our work engaged with around 5,000 workplaces and 1,400 schools and kura.

### Responding to Covid-19

- The MHF produced 19 new resources in response to the pandemic.
- Our "Looking after mental health and wellbeing during COVID-19" resource was used by over 45,000 people.
- The MHF partnered with the All Right? team of the Canterbury District Health Board (CDHB) Public Health Unit to produce the Getting Through Together campaign, which reached a third of all New Zealand adults and had higher uptake by Māori and Pasifika.
- During one Auckland lockdown, the MHF was able to promote wellbeing material to over 400,000 people across Tāmaki Makaurau in four days.

With the support of Ipsos Research, the MHF was able to demonstrate the significant positive impacts of promoting ways people can uplift their wellbeing. National robust population research showed that:

- adopting even one behaviour that science shows uplifts wellbeing increased the likelihood of a healthy WHO-5 wellbeing score by 48%
- the more behaviours or habits people incorporated into their lives, the higher their wellbeing score.

## Our partners



### The challenge and need for transformational change

This same research reminded everyone of the mental health challenge facing New Zealand.

- 26% of those 18 years and over are currently experiencing low mental wellbeing – that is around 1 million people.

Addressing this challenge requires a comprehensive response across all of government and all of society. It requires the transformational change in New Zealand's approach to mental health that was recommended in *He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction*. The report's recommendations said New Zealand needs to do three things:

1. "to prevent problems developing,
2. respond earlier and more effectively,
3. and promote mental health and wellbeing." (*He Ara Oranga*, page 15)

It is vital that government acts on all of these areas, and the MHF have been vigilant in advocating for a full implementation plan for the 38 recommendations agreed by government. We have engaged with a wide range of government agencies, politicians and community groups to advance the transformation the Inquiry promoted.

### Thank you

We are deeply grateful for the tremendous effort put in by the kaimahi team at the MHF during 2020, including our board. Despite very difficult circumstances, the team kept their focus on the needs of New Zealanders.

We are also deeply grateful to the many partners and collaborators who we work with to deliver programmes for improved wellbeing:

- Hāpai te Hauora
- FMG
- Movember Foundation
- New Zealand Rugby
- Southern Cross Health Insurance
- The Pause Breathe Smile Trust
- CDHB Public Health Unit
- InsideOUT.

Our most heartfelt thanks goes to the thousands of New Zealanders, individuals, businesses and philanthropic trusts who supported the Mental Health Foundation through fundraising. Not only did you give us the resources to reach ever more people in the community, but you amplified the messages of encouragement and calls for positive change that the MHF is all about.

## 2021 and beyond

Mental health is arguably the biggest health issue facing the country. Not surprisingly, the volume of people engaging with the Mental Health Foundation continues to grow. The MHF will continue to try to meet that need, focusing on promoting wellbeing, information and skills, and on supporting people to support one another. Given our responsibility under Te Tiriti and the inequities in outcomes for Māori, we will build on the growth in our responsiveness to Māori seen in 2020. In this critical time of change, the MHF will continue to be a vocal advocate for the transformations promised in *He Ara Oranga* and for an appropriate response by government to the scale of the mental health challenge. In order to achieve these objectives, the MHF will continue to grow its fundraising income so that we have the resources, the creative freedom and the flexibility to do what is needed for the wellbeing of New Zealanders.

*We are deeply grateful for the tremendous effort put in by the kaimahi team at the MHF during 2020, including our board. Despite very difficult circumstances, the team kept their focus on the needs of New Zealanders.*



**JEREMY GARDINER**  
Board chair



**SHAUN ROBINSON**  
Chief Executive

## Fundraising and community support

The Mental Health Foundation could not keep pace with the growth in demand for what we do if it were not for the generosity of New Zealanders. Fundraising allows us to provide information and guidance for 580,000 people, to invest in the innovative development of school programmes such as Pause Breathe Smile, Rainbow Inclusive Schools and Sparklers, to advocate for a better system, and to grow expertise in Te Ao Māori.

In 2020, the Mental Health Foundation received \$2,781,000 from donors, grants and sponsors, and some generous bequests. Some of this income will be taken forward for use in future projects.

Money from fundraising was applied as outlined in the chart below.

### Thank you

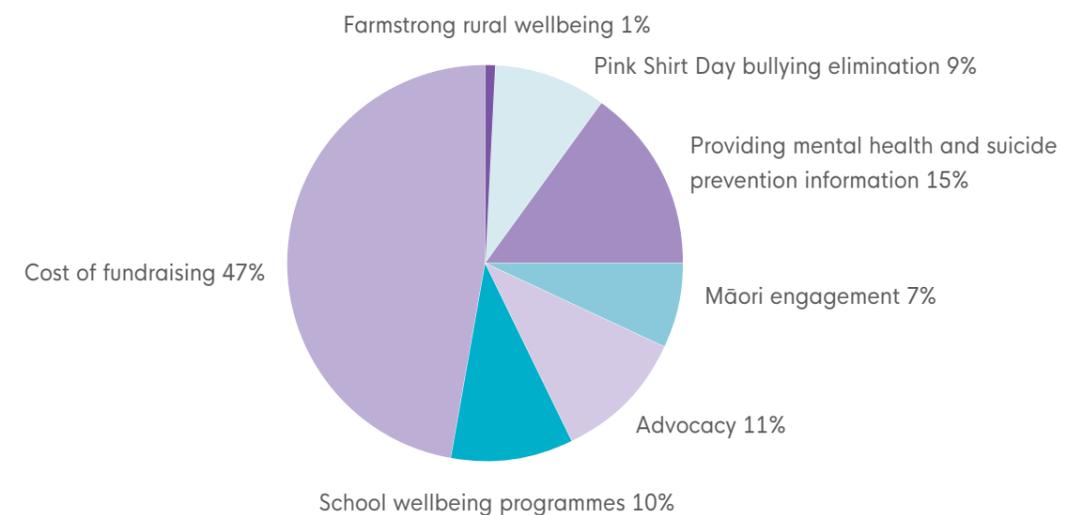
We were blown away by the outstanding support shown to us by New Zealanders across the country who fundraised and donated to the Mental Health Foundation of New Zealand throughout 2020 despite it being a year of challenges and obstacles!

### Community fundraisers

Thank you to the hundreds of people who fundraised for us by setting up an online fundraising page or getting out in their communities, physically or for the most part virtually, to not only raise money for mental health, but start conversations about mental health, too! We are inspired by the creative and innovative ways you fundraised for mental health, from dedicating birthdays, setting up live-stream events, touring minigolf sites, selling art, and head shaves – we are so grateful for your support.

We thank all the incredible individuals who walked, ran, cycled or even walked the Te Araroa trail barefoot (shout-out to Bryce Silvetelo!) for mental health.

**From January to December 2020, the Mental Health Foundation raised \$2,781,000 through fundraising. The funds were applied in the following ways (percentages are approximate).**





## Running events

For all the incredible Kiwis who took up the challenge of running for mental health – thank you! We thank you for all the conversations you started with your whānau, friends and colleagues when you told them you were fundraising for mental health. Throwing on your trainers and the infamous purple running t-shirt can be hard on rainy days, but you still did it!

We launched our first-ever digital running and walking challenge, 'Go The Distance', when everyone was socially distancing and living through lockdowns – a huge thank you to those who signed up with their friends, whānau and hoamahi.

A big shout-out to all our runners in the following races: Taupō Marathon, Rotorua Marathon, Auckland Marathon, Nelson Half-marathon, Lugton's Round the Bridges, Queenstown Marathon, Mount Maunganui Half-marathon and Hawke's Bay Marathon.

To our amazing runners who had planned to take part in Wellington Marathon which was cancelled, thank you for your support, and we hope to see you there this year instead!

Vespas Ahoy! – to the Vespa Motor Rally – you set it up, you had to postpone, then you nailed it in 2021. Awesome.

## Businesses

For all the workplaces and businesses that prioritised mental health and decided to give back by donating to the Mental Health Foundation of New Zealand – thank you so much! We cannot thank you enough.

A special thanks to the following businesses for their outstanding support: AIA, Huffer, Ruby, Pathfinder, Dizengoff, The Collective, The Good Registry, The Entertainment Book, MRC Global NZ, Powerco, Bunnings, Spark, Raywhite Karaka, Remarkable NZ, ShineOn, Smart Loyalty, Feel Good With Flowers, Curlly Tail Co NZ, Citrix Systems Asia Pacific Pty Ltd and Spark.

*We are inspired by the creative and innovative ways you fundraised for mental health.*

## Sponsors and partners

And for those who sponsored and partnered in our mahi – FMG, Cotton On, Southern Cross Health Insurance, New Zealand Rugby, Movember Foundation – thank you. It is such a pleasure to work with you and experience your generosity towards the wellbeing of New Zealanders.

## Trusts and grants

Thanks to the groups that have contributed to Mental Health Foundation projects and work over the year:

- Office of Ethnic Affairs
- Lottery Grants Board
- The Schneider Electric Foundation Rising Tomorrow Grant.

## Bequests

We are deeply grateful to the following long-term supporters for their deep generosity in remembering us in their will. Your legacy will live on in the impacts of our work:

- Estate of John David Shaw
- Estate of Graeme Campbell
- Estate of Taylor Trusts: Taylor E G, Taylor B E, Taylor N V.

## Everyone

Lastly, a massive thanks to the hundreds of people who have organised, helped out or been involved in fundraising events over the past year, and the thousands of friends and whānau who supported these events with donations and sponsorship.

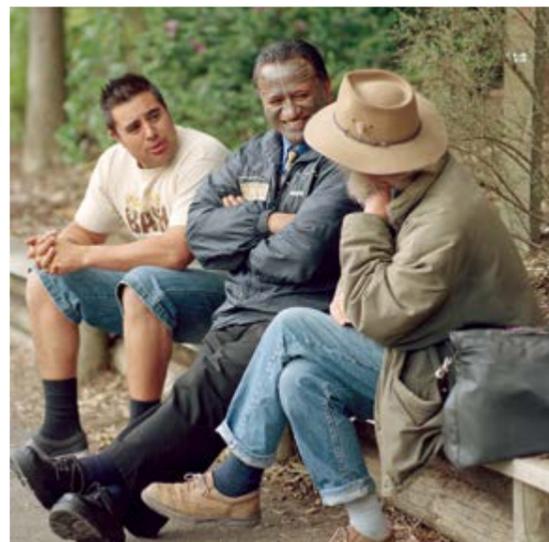
## Māori engagement

Māori are the priority audience for the Mental Health Foundation due to both our obligations under Te Tiriti and because of inequitable mental health outcomes for Māori. Our work in 2020 demonstrated that what works for Māori works for all New Zealanders; all people resonate strongly with concepts such as those found in Te Whare Tapa Whā.

The MHF's key focus is to ensure that our projects, resources, programmes, campaigns and activities reach and engage Māori, particularly those who may be more marginally engaged in their culture. The MHF have a Treaty obligation to ensure the MHF deliver mahi that is appropriate for Māori.

The MHF promote things that uplift Mauri Ora, such as connection with culture and Te Ao Māori. We advocate on issues that are important to Māori, addressing social determinants of mental health, public policies and service development issues.

Deep application of Te Ao Māori and Te Reo Māori, and applying Māori concepts first and transliterating back to Te Ao Pākehā concepts, have driven our excellent reach and impact for Māori. This was particularly evident in the Getting Through Together campaign, which supported the population through the Covid-19 pandemic.



Māori engagement has led internal mahi within the MHF working towards Māori responsiveness, as well as uplifting the organisation culture through karakia, mihi whakatau and Māori experiences, including waka expedition, decolonisation wānanga and Matariki wānanga.

### Some outcomes in 2020

- Mental Health Awareness Week reached 250,000 Māori adults
  - 142,000 said "it helped me do something about my wellbeing".
- Pink Shirt Day reached 64% of Māori adults
  - 105,000 had a whānau conversation about bullying.
- Getting Through Together and all campaigns showed higher engagement and better outcomes for Māori than non-Māori.
- We were represented on the Māori advisory group that shaped the new Like Minds, Like Mine strategy "Nōku te Ao" which is centred in Te Ao Māori and tikanga Māori.
- Policy and advocacy supported outcomes:
  - Mental Health and Wellbeing Commission structure has strong Māori and lived-experience leadership
  - health restructure to include a Māori Health Agency.
- Whai Ora, Whiti Ora and Like Minds, Like Mine small grants funds prioritised Māori projects.
- Open Minds and Working Well workplace programmes prioritised industries with high Māori involvement.
- Farmstrong increased Māori farming and workforce involvement.
- Pause Breathe Smile school wellbeing programme was evaluated by Māori researchers as highly affective for tamariki Māori.

## Getting Through Together

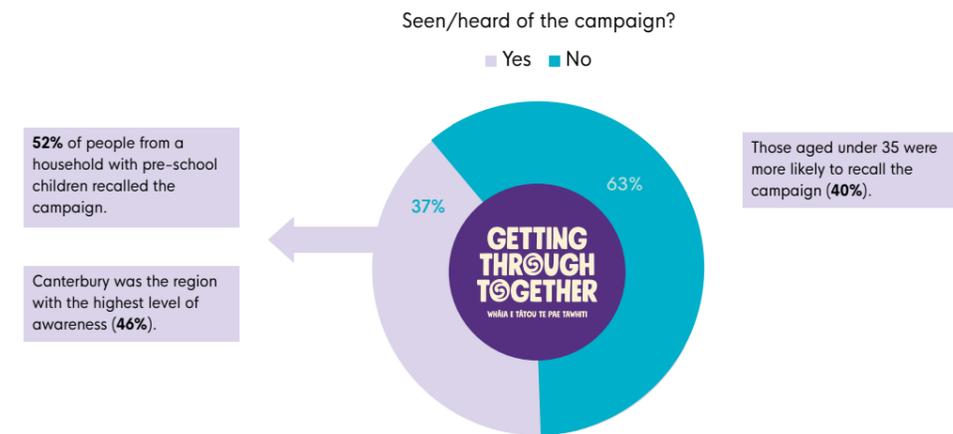


The Getting Through Together national wellbeing campaign is a major response to Covid-19. It aims to encourage and motivate New Zealanders to adopt lifestyle habits that boost mental health, both in tough times, when we are not so well, and as a way to continuously improve positive mental health.

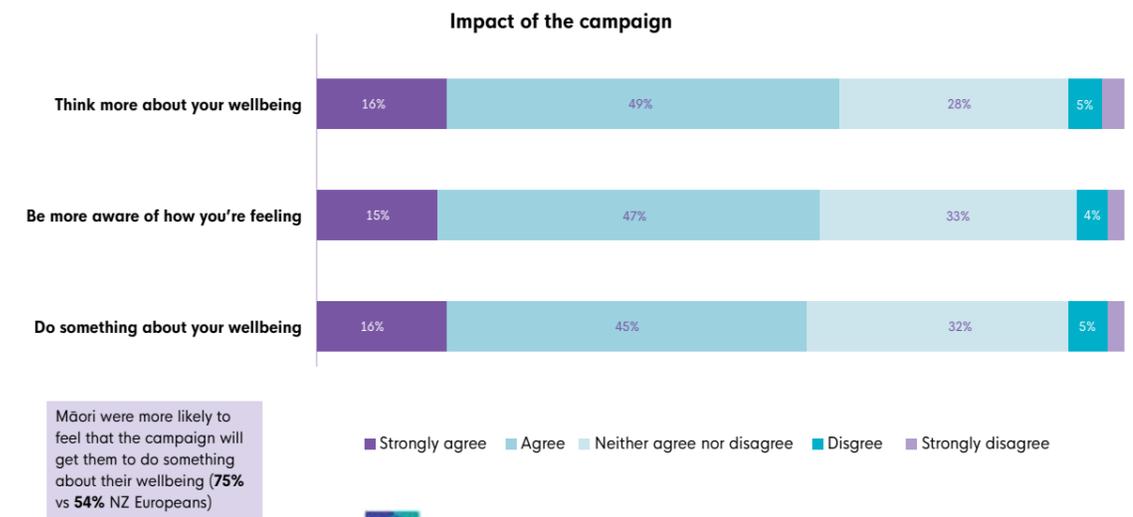
Working with our partners in the All Right? programme in Christchurch, the MHF got the campaign off the ground in the space of 10 days.

### 'GETTING THROUGH TOGETHER' CAMPAIGN

37% of respondents were aware of the campaign (July 3-6, 2020).



65% of those recalling the campaign agreed that it made them think more about their wellbeing; 61% agree that they would do something about their wellbeing.



© IPSOS | COVID-19 Tracker | 3-6 July, 2020

Our aim is to contribute to school and workplace communities that are safe, strong and supportive.

## School and workplace settings

Much of the Mental Health Foundation's work occurs through engagement with school and workplace settings and the whānau and communities associated with them. Our aim is to contribute to school and workplace communities that are safe, strong and supportive.



### Safe Manaakitanga

Psychologically healthy environment

Eliminate conditions that cause mental distress.



### Strong Kia Tautoko

Boosting mental wellbeing & resilience

Provide appropriate support when people are struggling.



### Supportive Āwhinatia

Fair & empathetic approaches

Uplift people's mauri ora and wellbeing.

## Schools

The MHF has multiple touchpoints into schools. Across all of these activities, the MHF reached into over 1400 schools and kura in 2020.



**Sparklers** – an online teacher resource providing wellbeing-based activities and lesson plans for primary and intermediate schools.

- Provides children with skills and habits they can use in their everyday lives.
- Currently used by teachers in 60% of all primary schools.
- Evaluated as improving classroom behaviour, educational focus and student relationships and wellbeing.
- Reduces bullying.



Brought to schools by Southern Cross

**Pause Breathe Smile** – a training programme for teachers enabling them to use mindfulness practices as part of their teaching.

- Provides children with skills and habits they can use all the time.
- Evaluated as significantly improving classroom behaviour, educational focus and attainment, and student relationships and wellbeing.
- Evaluated by independent Māori evaluators as highly beneficial for tamariki Māori.

In 2020 the MHF were delighted to partner with Southern Cross Health Insurance who have sponsored Pause Breathe Smile to be offered to every primary and intermediate school over the next five years.



**HeadFirst** – A wellbeing coaching and online programme that promotes mental health literacy and wellbeing skills for club and school rugby teams. HeadFirst is a partnership with New Zealand Rugby and Movember Foundation.

- Piloted across schools and clubs in 2020.
- Evaluation shows positive behavior change and increased wellbeing and mental health literacy for high school rugby players.



**Rainbow Inclusive Schools Workshops** – continuing our partnership with InsideOUT to deliver workshops in schools across all regions of Aotearoa to help school communities celebrate and support their rainbow members.

- 16 Rainbow Inclusiveness Workshops in Schools were held in 2020, bringing the total to 32 since 2019.

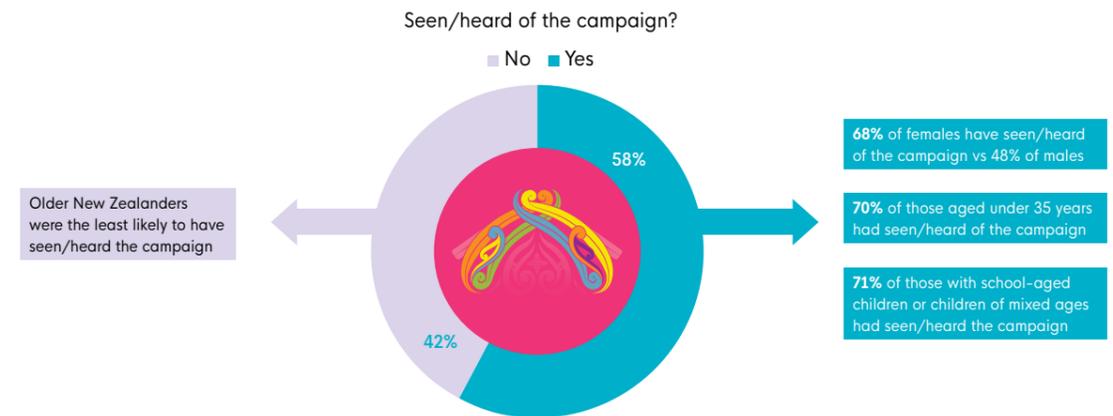


**Pink Shirt Day** – an annual campaign promoting a social movement to eliminate bullying and encourage positive cultures within school communities. Even though COVID meant we had to delay Pink Shirt Day and run it in October instead of May, it was still an amazing success in 2020.

- Participation by schools more than doubled (and tripled for kura kaupapa) with a total of 5041 registrations.
- 86% agree Pink Shirt Day has supported their ongoing efforts to prevent bullying and create positive cultural change.

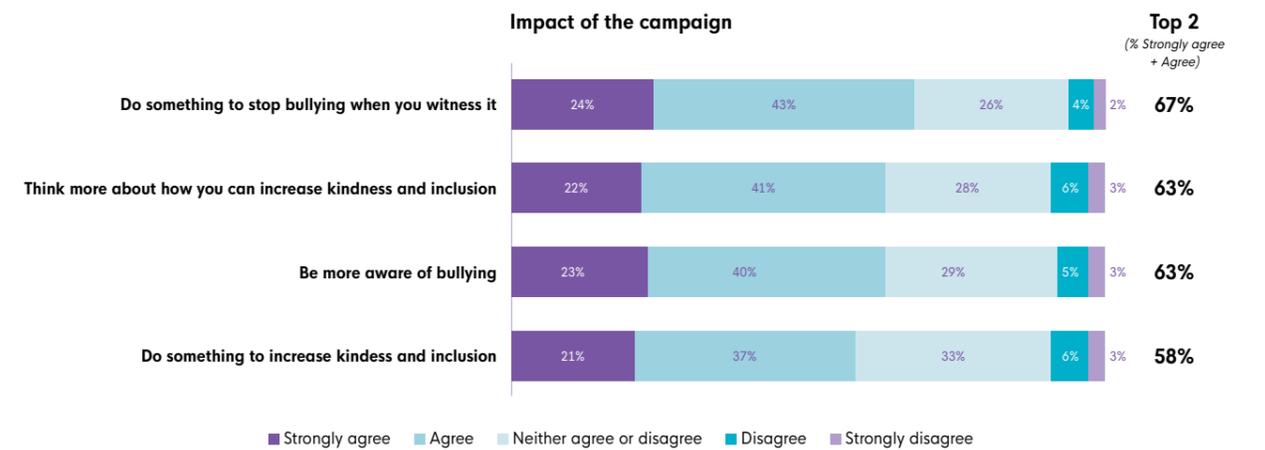
### THE PINK SHIRT DAY CAMPAIGN - AWARENESS

58% of New Zealanders had seen/heard of the Pink Shirt Day campaign. Higher recall levels amongst females and the younger age group.



### THE PINK SHIRT DAY CAMPAIGN - IMPACT

2 in 3 agree that the campaign has encouraged them to take action and do something to stop bullying when they witness it.





# REIMAGINE WELLBEING TOGETHER HE TIROHANGA ANAMATA

Mental Health Awareness Week 21-27 September

www.mhaw.nz



GETTING THROUGH TOGETHER

Mental Health Foundation ALL RIGHT? MINISTRY OF HEALTH

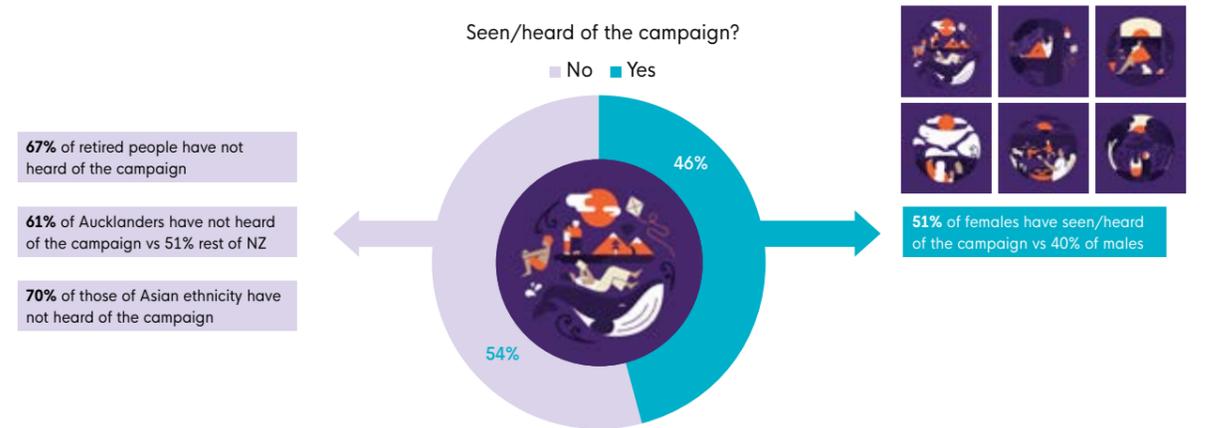


**Mental Health Awareness Week (MHAW)** – an annual campaign to engage schools and the wider community in actions that boost mental wellbeing and help people to manage ongoing distress.

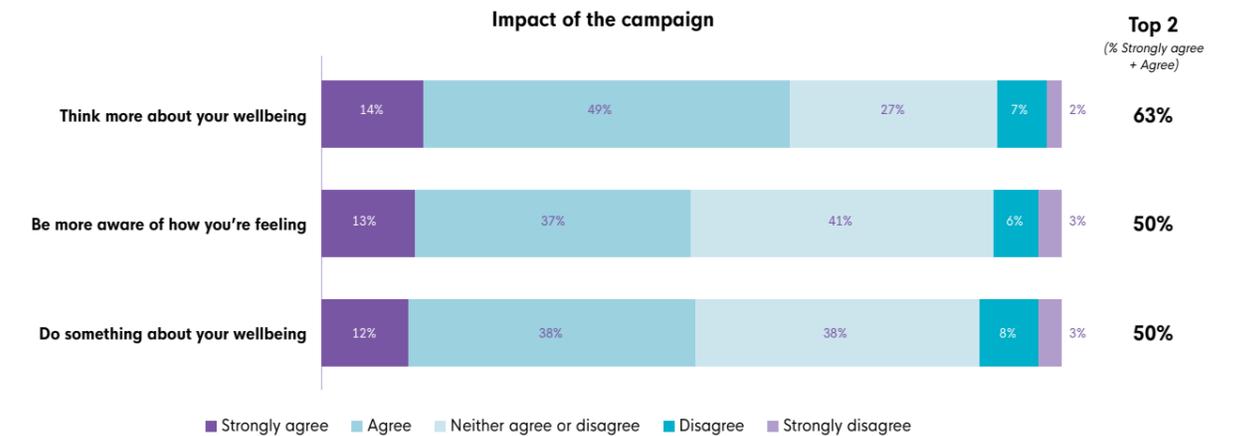
- 2,558 schools and kura kaupapa participated – a 40% increase on 2019.
- 86.2% say MHAW helped them to organise activities designed to help tamariki, students and staff to reimagine and rediscover things that can boost their wellbeing.

## MENTAL HEALTH AWARENESS WEEK

46% of New Zealanders have seen/heard of the Mental Health Awareness Week campaign.



63% report that the message helped them to think more about their wellbeing, while 50% took action and did something about their wellbeing.



Ipsos © IPSOS | COVID-19 Tracker | 2-5 October, 2020

**Resources** – In addition, the MHF makes a range of free resources available to schools on ways to support one another in times of distress, and on other relevant topics.

- In 2020, over 30,000 resources were distributed to schools, and over 20,000 to other education providers.

## Workplaces

As with schools, the MHF has a number of touchpoints with workplaces.



**Farmstrong** – a programme aimed at supporting the mental wellbeing of farmers, growers and rural communities. It is delivered in partnership with FFMG and ACC, and was seed-funded by the Movember Foundation.

In 2020:

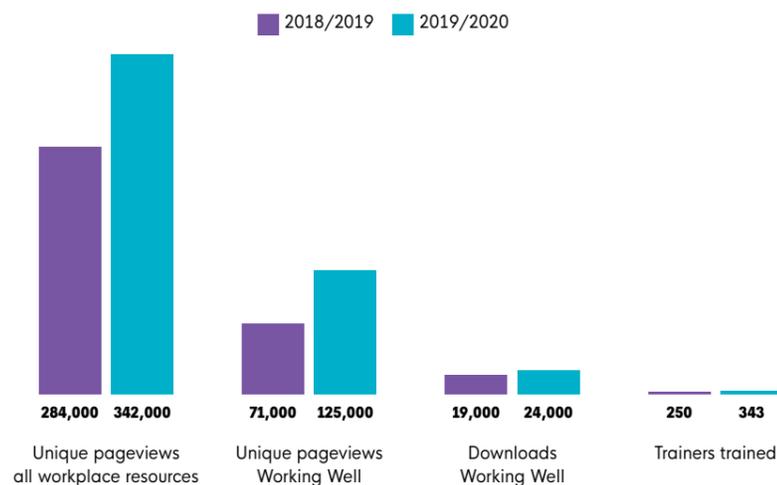
- 22% of all farmers attribute improved wellbeing to Farmstrong.
- Evidence showed improved wellbeing had significant benefits for reducing farming accidents and recovery times from injuries.
- Farmstrong won the Supreme Health and Safety Award at the 2020 New Zealand Workplace Health and Safety Awards (pictured left).
- ACC became a long-term funder and partner, and is keen to explore the application of the Farmstrong principles in other industries.



**Working Well** – a programme developing resources that support positive mental health at work, and provides train-the-trainer workshops to workplace wellbeing champions.

- 3,364 downloads of our Covid-19 Workplace resource.

### WORKPLACE WELLBEING GROWTH



76% of workplace respondents say they intend to use Te Whare Tapa Whā and/or the Five Ways to Wellbeing to improve staff wellbeing (47.5% in 2019).

77% say the new MHAW workplace resource supported them to look after staff wellbeing.



**Mental Health Awareness Week** – a campaign to encourage New Zealanders to adopt behaviours and habits that uplift their wellbeing.

- 5,600 registrations from workplaces.
- 77% say the new MHAW workplace resource supported them to look after staff wellbeing.
- 76% say they intend to use Te Whare Tapa Whā and/or the Five Ways to Wellbeing to improve staff wellbeing (47.5% in 2019).



**Pink Shirt Day** – an annual campaign promoting a social movement to eliminate bullying and encourage positive cultures within workplace communities.

- 2,530 workplaces registered.
- 6,700 workplace toolkits were distributed – a 600% increase on 2019.
- 82.5% say the toolkit helped them to create positive workplace environments and cultures where mana-enhancing, open communication is the norm, so bullying cannot thrive.



**Open Minds** – a set of resources and webinars to assist workplaces to respond supportively in a non-stigmatising way to people experiencing mental distress.

- 5,300 people used Open Minds resources in 2020.

**Resources** – the MHF also provides a wide range of resources and information to businesses to help them to be environments that are safe, strong and supportive of positive mental health.

- In 2020, MHF distributed over 29,000 resources to businesses in addition to a further 92,000 to government departments and NGOs.

## Suicide prevention and postvention

Preventing suicide requires three types of action:

1. Preventing people from becoming suicidal, addressing the social inequalities that contribute to mental distress, promotion of mental wellbeing.
2. Supporting people when they, or someone they care about, are experiencing suicidal thoughts.
3. Supporting people after bereavement by suicide.

With this in mind:

- The MHF's work to advocate on issues such as poverty, housing, family violence treaty issues and the rights of people with lived experience of distress all contributes to suicide prevention.
- Our commentary and advocacy on the appropriateness of services also contributes to suicide prevention.
- Our work to promote wellbeing in workplaces, schools and communities with programmes such as Getting Through Together, Mental Health Awareness Week, Pink Shirt Day, Working Well, Farmstrong, Sparklers and Pause Breathe Smile also contribute to suicide prevention.

**Resources** – MHF has been a major creator of resources to support people when they are in distress and when they are concerned about someone in distress. The number of people using these resources continues to increase.

In 2020:

- 125,000 suicide prevention resources were distributed.
- 13,000 people downloaded suicide prevention resources – a 400% increase on 2019.
- 14,000 people used the After a Suicide website – a 15% increase on 2019.

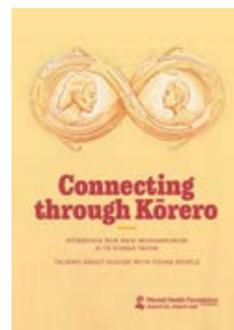
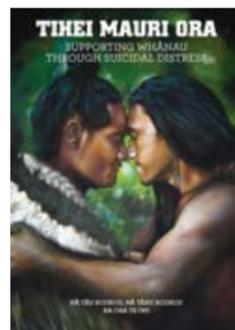
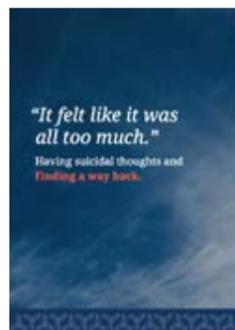
**Suicide bereavement** – the MHF support a network of volunteer peer support groups for people who have been bereaved by suicide.

We are grateful for the time and input of our expert advisory group who bring a unique set of perspectives to bereavement support and all of our suicide prevention mahi.

**Suicide and the media** – the way suicide is treated by all forms of media can have both positive and negative impacts. It is vital to remember that not everyone views reporting on suicide from the same emotional space – around one in 20 people are likely to be having suicidal thoughts, and they will be very vulnerable to reporting that sensationalises suicide or presents it as inevitable or as a solution to life's problems.

The Mental Health Foundation works with media to advise on appropriate media treatment of suicide, and to mitigate the risks caused by poor reporting.

- In 2020 news outlet *Stuff* adopted a voluntary code of practice for reporting on suicide that reflected much of the advice that MHF have given to their journalists.



## Reducing stigma and discrimination

The stigma associated with mental distress, and the negative ways people with lived experience are treated, contribute to suffering, inequality and worsening mental health. People often avoid seeking help and become socially isolated, with poor housing and employment options.

No aspect of New Zealand's response to mental health will be effective unless stigma and discrimination are addressed.

The Mental Health Foundation addresses stigma in all aspects of its work. We are substantial partners in the government Like Minds, Like Mine programme, and also worked with the Ministry of Health to support the lived experience community through Covid-19.

In 2020:

- The MHF helped develop the new strategic direction for Like Minds, Like Mine, including sitting on the indigenous advisory panel.
- The MHF operated the Whai Ora Whiti Ora small grants programme to lived experience community groups to assist them to function through Covid-19:
  - supported 16 organisations
  - 12,500 tāngata whaiora were reached.
- The MHF administered small grants for local stigma and discrimination action to 11 organisations and individuals:
  - 7 were lived experience-led
  - 2 were Pasifika organisations
  - 4 were Māori organisations
  - 1 was a refugee organisation.



### Like Minds Media Grants 2020

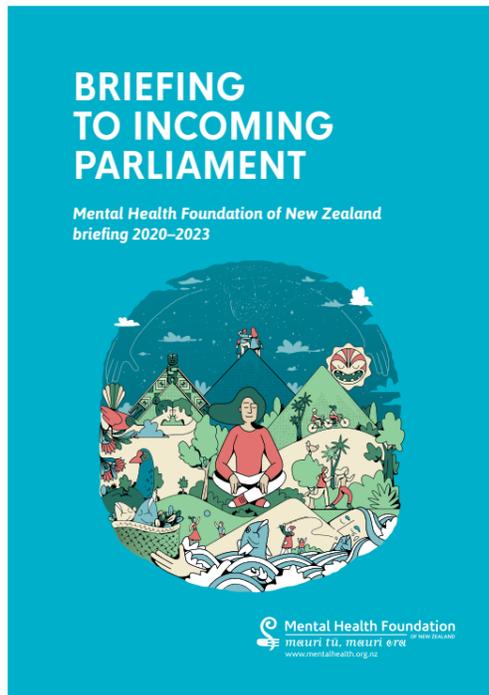
- Funded five projects.
- Two creative projects – one was rainbow/lived experience-led and the other Māori-led.
- Three media projects – one Fijian-Indian-led, one Pasifika/lived experience-led, one lived experience-led.



**Open Minds** – Developed a webinar series for workplaces to assist them to support staff who experience mental distress.

**Media** – Engaged with the media to support non-stigmatising portrayals of mental distress.

## Policy and advocacy



The MHF engages intelligently in policy and legislative consultations and advocates assertively in the media and other forums to create change in the social, economic and cultural determinants of mental wellbeing, and in policies and services that impact wellbeing. We seek collaborators and allies and focus on issues identified as priorities by Māori and people with lived experience.

In 2020, the MHF developed over 25 submissions, advice and position statements on a diverse range of issues including the Mental Health Act, service-monitoring frameworks, armed police, Covid-19 vaccinations, decent housing and the health and disability sector restructure.

The MHF was also a frequent media commentator on mental health issues.

We contributed to many positive changes, including:

- Strengthening the rights of people with lived experience and of their whānau.
- Ending the police armed-response team trial.
- Recognition of Te Tiriti o Waitangi and equity issues in structures, systems, policy and legislation.
- Changes to the government's strategic planning for mental health.



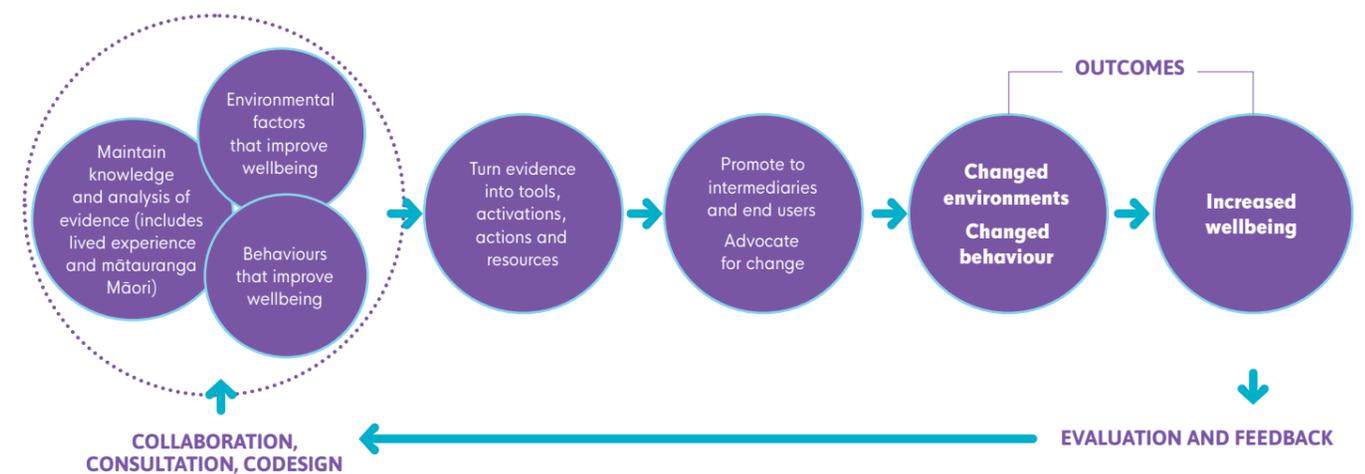
## How we do what we do

The Mental Health Foundation aims to change the situations that affect people, the habits, skills and knowledge they have, and the services and supports that are available to them, so as to achieve Mauri Ora – wellbeing for all.

We draw from health promotion principles, through the lens of Te Ao Māori and the voices of people with lived experience of mental distress, and utilise the skills and tools of social marketing and mass communication.

The skills and perspectives from each area need to be brought to bear across the different phases of our model of change.

### HIGH LEVEL MODEL OF CHANGE

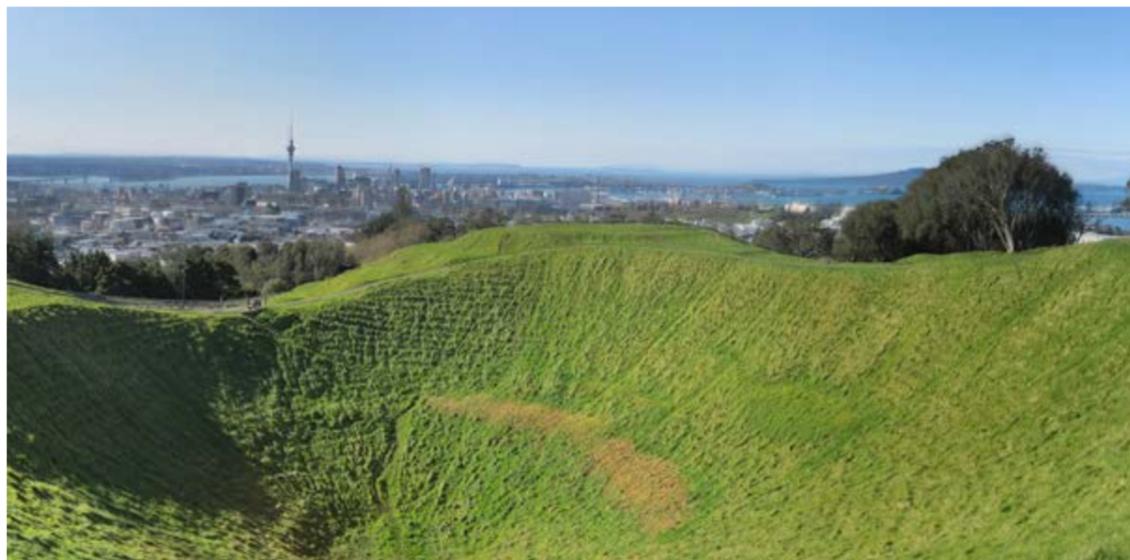


Our “secret sauce” is the quality of execution of several key elements:

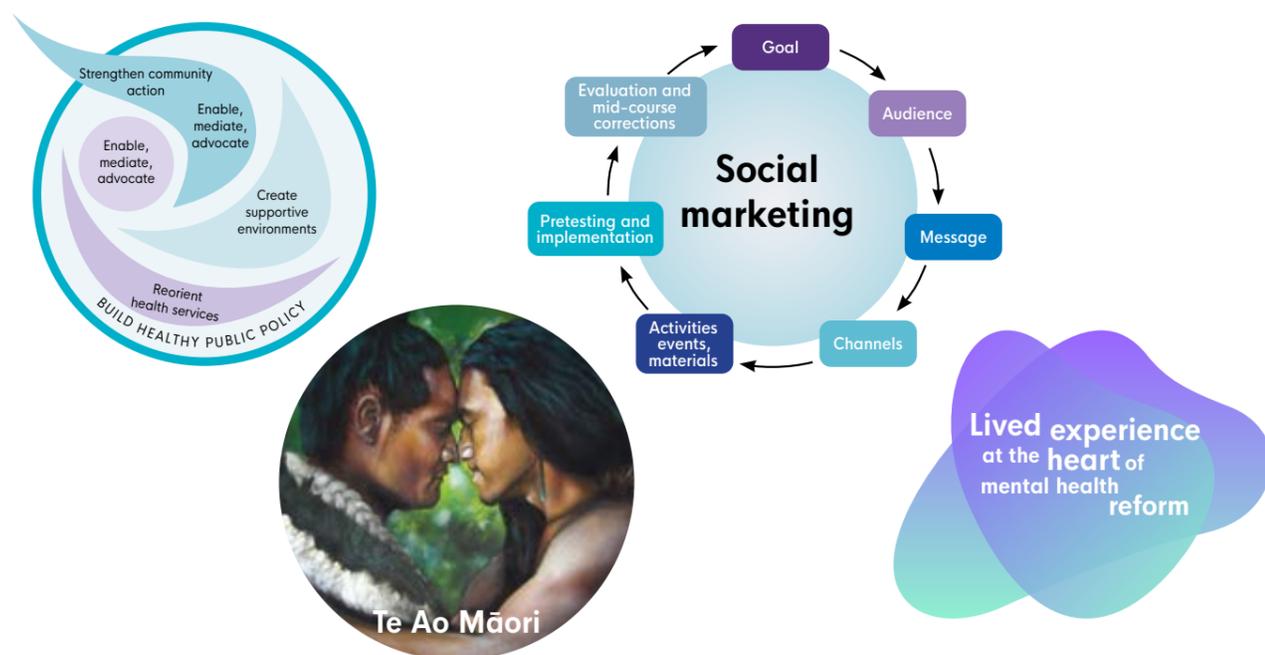
- 1. Knowledge and “sense making”** – bringing together formal research, community insights, mātauranga Māori, voices of lived experience and of Māori, and weighing these in the balance to reach a considered view.
- 2. Deep application of Te Ao Māori and Te Reo Māori** – applying Māori concepts first, then transliterating back to Te Ao Pākehā concepts.

- 3. Understanding the audience and community** – thinking about the end users of anything the MHF does, and how they absorb information, who influences them, how their communities work, how they influence each other and what motivates them.

- 4. Highest-quality understanding of mass communication and marketing tools** – our ability to reach 1.8 million adults (250,000 being Māori) and 750,000 children, and to have 1 million users of our information resources, is achieved through sophisticated use of communications and marketing tools: digital, social and mainstream media.



5. **Kānohi-ki-te-kānohi activities (face-to-face) community engagement and promotions** – make the relationships that are at the heart of co-design and quality mahi. They form key parts of an integrated package and add depth of impact.
6. **Being a high-profile, trusted organisation** – means that when we reach people, they notice and listen. We are mentioned in the media approximately 1,000 times a year.
7. **Being clear of the change we aim to make – and measuring that change** – clarity of the behaviours we want people to adopt and the environmental impacts we seek, and setting up evaluation from the outset, means we can show effectiveness and make changes so that we constantly improve.
8. **Robust advocacy and commentary** – some things about mental health and wellbeing can only be changed through policy and political influence.



## Financial statements

The summary of accounts below provides transparency of our financials for the period July 2019 to June 2020.

Due to the exceptional circumstances in 2020, the Mental Health Foundation has decided to focus the bulk of this special annual report on the calendar year January to December. Our financial reporting year is July to June, meaning that these financials do not fully correspond to the rest of the report. We will return to the pattern of providing annual reports aligned to our financial year in the next financial cycle.

### STATEMENT OF COMPREHENSIVE REVENUE AND EXPENSE FOR THE YEAR ENDED 30 JUNE 2020

The Mental Health Foundation of New Zealand

	2020 \$	2019 Restated \$
<b>Revenue from non-exchange transactions</b>		
Contract income	3,060,169	3,042,828
Donations, legacies and sponsorship income	2,527,555	2,182,411
Grants and other contract income	383,577	523,518
<b>Revenue from exchange transactions</b>		
Contract income	-	16,400
Service and training income	261,596	110,642
Resource and fundraising product sales	6,381	16,934
<b>Total revenue (excluding gains)</b>	<u>6,239,277</u>	<u>5,892,733</u>
<b>Expenses</b>		
Audit fee	(14,761)	(12,901)
Depreciation	(48,433)	(39,592)
Leasing costs	(230,092)	(219,705)
Employee costs	(3,313,167)	(2,378,373)
Project related costs	(2,187,365)	(2,339,956)
Infrastructure costs	(451,366)	(424,927)
<b>Total expenses</b>	<u>(6,245,184)</u>	<u>(5,415,454)</u>
Finance income	65,309	88,287
Finance costs	(1,462)	-
<b>Net finance income</b>	<u>63,847</u>	<u>88,287</u>
<b>Net surplus/(deficit) for the year</b>	<u>57,940</u>	<u>565,566</u>
Other comprehensive revenue and expense	-	-
<b>Total comprehensive revenue and expense for the year</b>	<u>57,940</u>	<u>565,566</u>

**STATEMENT OF CHANGES IN NET ASSETS/EQUITY  
FOR THE YEAR ENDED 30 JUNE 2020**

The Mental Health Foundation of New Zealand

	Accumulated comprehensive revenue and expense \$
At 1 July 2018	2,427,750
<b>Accumulated adjustment for error relating to contract income</b>	<b>84,823</b>
Surplus for the year	442,591
Adjustment due to error relating to contract income	122,975
Other comprehensive revenue and expense	-
<b>Total comprehensive revenue and expense for the year (restated)</b>	<b>565,566</b>
<b>At 30 June 2019</b>	<b>3,078,139</b>
At 1 July 2019	3,078,139
Surplus for the year	57,940
Other comprehensive revenue and expense	-
<b>Total comprehensive revenue and expense for the year</b>	<b>57,940</b>
<b>At 30 June 2020</b>	<b>3,136,079</b>

**STATEMENT OF FINANCIAL POSITION  
AS AT 30 JUNE 2020**

The Mental Health Foundation of New Zealand

	2020 \$	2019 Restated \$
<b>Current assets</b>		
Cash and cash equivalents	2,575,452	1,993,808
Short term investments	572,089	512,320
Receivables from non-exchange transactions	1,658,303	484,082
Receivables from exchange transactions	9,520	7,769
Inventory	124,639	-
Financial assets at fair value through surplus or deficit	511,071	506,765
	<u>5,406,075</u>	<u>3,504,745</u>
<b>Current liabilities</b>		
Payables under exchange transactions	267,923	349,516
Payables under non-exchange transactions	2,198,245	629,971
Goods and services tax	269,568	8,456
Employee benefits liability	302,201	171,253
Finance lease liability	2,571	-
	<u>3,040,509</u>	<u>1,159,195</u>
<b>Working capital surplus/(deficit)</b>	<u>2,365,566</u>	<u>2,345,550</u>
<b>Non-current assets</b>		
Financial assets at fair value through surplus or deficit	367,229	331,372
Property, plant and equipment	236,552	229,021
Rental bond	172,196	172,196
	<u>775,977</u>	<u>732,589</u>
<b>Non-current liabilities</b>		
Finance lease liability	5,464	-
<b>NET ASSETS</b>	<u><b>3,136,079</b></u>	<u><b>3,078,139</b></u>
<b>EQUITY</b>		
Accumulated comprehensive revenue and expense	3,136,079	3,078,139
<b>TOTAL EQUITY</b>	<u><b>3,136,079</b></u>	<u><b>3,078,139</b></u>

**STATEMENT OF CASH FLOWS  
FOR THE YEAR ENDED 30 JUNE 2020**  
The Mental Health Foundation of New Zealand

	2020	2019
	\$	\$
<b>Cash flows from operating activities</b>		
Cash receipts from contract income, grants and donations	6,703,518	5,687,205
Cash paid to suppliers and employees	(6,336,794)	(5,089,591)
GST net payment	261,112	(1,295)
<b>Net cash flows from operating activities</b>	<b>627,836</b>	<b>596,319</b>
<b>Cash flows from investing activities</b>		
Interest received	16,817	14,556
Short term investment withdraw/(investment)	(14,769)	(512,320)
Proceeds from sale of financial instruments	1,150	6,683
Purchase of PP&E, net of disposal	(45,464)	(183,787)
<b>Net cash flows from investing activities</b>	<b>(42,266)</b>	<b>(674,868)</b>
<b>Cash flows from financing activities</b>		
Interest expense	(1,462)	-
Principal repayments of finance lease	(2,464)	-
<b>Net cash flows from financing activities</b>	<b>(3,926)</b>	<b>-</b>
Net increase/(decrease) in cash and cash equivalents	581,644	(78,549)
Cash and cash equivalents at 1 July	1,993,808	2,072,357
<b>Cash and cash equivalents at 30 June</b>	<b>2,575,452</b>	<b>1,993,808</b>

These statements are extracts from our full set of statutory financial statements for the year, which contain other details such as accounting policies and detailed notes to the financial statements.

Our full audited financial statements are available for viewing on the DIA Charities Services website [www.charities.govt.nz](http://www.charities.govt.nz)

## Some feedback on our programmes

### Resources

"These are simple resources that are easy to bring into clinical conversations with patients as well as supporting healthcare practitioner colleagues. Keep producing them they are awesome!"

"It's comforting to know that these resources are available to everyone who is going through a mental health crisis or in general, so a big thank you to MHF of NZ."

"Keep up the great resources the fact they are free helps us get these important messages to whānau across NZ without the barrier of costs being an issue."

### Pink Shirt Day 2020

"The resource pack was outstanding! ... The stickers were a hit and made everyone chuckle for all the ages we have working here. It was truly a great pack!"

"There is never enough time in my field of work, so having these resources freed me up to just focus on getting more people on board the kaupapa."

"The stickers offered a great chance to start a meaningful conversation regarding standing up to and stopping bullying with a huge variety of people in our community."

### MHAW 2020

"It was fabulous this year, the best yet. ... Helpful, great, excellent short videos, the photo competition was good, useful tools to use in daily life. Well done to you all. I personally liked the integration with Te Reo too."

"I found Te Whare Tapa Whā inclusive and easily understood by people of many ethnicities. The suggestions were simple to do at work and fostered manaakitanga, looking out for each other, an attitude which makes for a caring work culture. Well received!"

"Probably my favourite yet. Very inclusive and seemed more inviting than last year. The right tone of speaking to Māori, Pasifika and Pākehā."

### Policy and advocacy

"I feel like we have been sitting around talking about beliefs and attitudes for a very long time. I also feel like the Mental Health Foundation does a really good job at challenging those old beliefs and stigma. It's now time to see action. No more kōrero."

"Thank you for the work you do. ... We need people like yourself to make sure the government is held accountable and to be a voice for vulnerable people. I am sitting with people here on the ward who have no voice as they can't advocate as I can. We really need you."

## Enquiry service

*"Thank you so much! ... When I heard Shaun's interview on the radio I felt had to do something to get more support for my sister, and now I feel like there's more hope for her recovery. Thank you so much for the work you do, and thank you Shaun for talking about your experiences openly."*

*"Thank you for all the work you and your team have been doing in supporting New Zealanders around Covid-19"*

*"Tomorrow I will be getting up early to go for a walk, thank you. Really reassuring to know that there is support outside of me and my family."*

## E-bulletin

*"I love receiving the e-bulletin each week. Great information on new research, events and general wellbeing information. I read the research relevant to me and my role, and have attended events promoted in the newsletter. Keep up the great work."*

*"The e-bulletin is packed full of really valuable up-to-date, reputable and relevant information – which is really good for my work, plus it has lots of things to warm my heart and lift my soul – which is good for me. It has good things for everyone! ...Thank you so much MHF!!!"*

*"I find your email updates very useful and interesting. I've been receiving them for years now and usually find several things relevant to my work; it's great!"*

## Whai Ora, Whiti Ora fund

*"I believe in this more than any other kaupapa I have worked on. This is the most authentic co-design process I have taken part in over the last 10 years. This is guided by our people and it is owned by our people. ... This kaupapa is enduring. Our community will have great impact. I say this with confidence. ... We have honoured our experiences, and honoured our process to birth a unified, strong, collaborative flaxroots peer support community for Aotearoa."*

*"We are really grateful for this funding, it has helped us to support women to become well from depression/anxiety, preventing this from having a more serious impact on their life and on the life of their whanau and tamariki. Without this funding we would not have been able to help these women and it is clear that there is an increase in distress amongst new and expecting mothers since the Covid-19 pandemic."*



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