

Mental Health Foundation of New Zealand

EQUALLY WELL ACTION PLAN: 2020 - 2021

By endorsing the [consensus position paper](#), we acknowledge the physical health inequities in people who experience mental health and addiction issues; and we are committed to taking action to achieve physical health equity. In particular, aligned with our commitment we believe that people with experience of addiction and mental health issues:

- ▶ be identified as a priority group at a national policy level based on significant health risks, poorer physical health outcomes and a higher prevalence of premature mortality
- ▶ have access to the same quality of care and treatment for physical health issues as the general population, and in particular to have the right to assessment, screening and monitoring for physical health and wellbeing that takes into account greater levels of risk
- ▶ be offered support to make the connection to how physical health interacts with mental health and addiction issues, and support to develop personal goals and changes to enhance physical wellbeing.

Mental Health Foundation's Equally Well action plan

- ▶ **Commit to achieving physical health equity, particularly for Māori**, through our vision for a society where all people flourish, our holistic approach to mental health, and commitment to te Tiriti o Waitangi.
- ▶ **Promote the Māori model of holistic wellbeing Te Whare Tapa Whā and the Five Ways to Wellbeing** to achieve positive mental health and wellbeing. For example, Te Whare Tapa Whā is the basis of positive mental health campaigns, such as Getting Through Together, and Mental Health Awareness Week; our Working Well guides and resources, such as the Five Ways to Wellbeing at Work Toolkit, help workplaces to create a culture that enhances and protects people's mental health.
- ▶ **Reduce stigma and discrimination** against people who live with mental distress through partnership with the Like Minds Like Mine national programme, including Pūtea Hapori/Community grants to support a community movement to challenge mental distress discrimination, and change attitudes and perceptions of the experience of mental distress in workplaces (Open Minds) and the media (Media Grants and Media Watch).
- ▶ **Advocate for ongoing commitment and investment to address social and economic determinants of poor health outcomes**, such as racism and discrimination, in national and local government policies, systems, strategy and law. **Advocate for physical health equity in all health settings.**



These are the guiding principles of Equally Well
that we will adopt for implementation

Equally
Well 