

REFERENCES: 2023 ELECTION



Looking for an evidence base for our mental health policy recommendations?

We used the references below in the following Mental Health Foundation assets for Election 2023:

- 2023 Mental health and wellbeing policy guide
- Factsheet – Mental health promotion – what is it, and how does it work?
- Factsheet – Mauri Ora: Promoting Māori mental wellbeing
- Factsheet – What rangatahi want

See the references you are looking for, grouped by the asset they relate to, below.

2023 Mental health and wellbeing policy guide

1. Ministry of Health. (2017). *Briefing to the Incoming Minister of Health, 2017*. Wellington: Ministry of Health. www.health.govt.nz/publication/briefing-incoming-minister-health-2017-new-zealand-health-and-disability-system
2. Morning Report. (2023, May). *Mental health support jumps up 30% since Gabrielle*. RNZ. www.rnz.co.nz/national/programmes/morningreport/audio/2018890661/mental-health-support-jumps-up-30-since-gabrielle
3. Ministry of Health. (2022). *Annual Data Explorer 2021/22: New Zealand Health Survey* [Data File]. <https://minhealthnz.shinyapps.io/nz-health-survey-2021-22-annual-data-explorer/>
4. Te Huringa Mahara Mental Health and Wellbeing Commission. (2022). *Te Huringa: Change and Transformation. Mental Health Service and Addiction Service Monitoring Report 2022*. <https://www.mhwc.govt.nz/assets/Te-Huringa/FINAL-MHWC-Te-Huringa-Service-Monitoring-Report.pdf>
5. Te Huringa Mahara Mental Health and Wellbeing Commission. (2021). *Access and Choice Programme: Report on the first two years – Te Hōtaka mō Ngā Whai Wāhitanga me Ngā Kōwhiringa: He Purongo mo ngā rua tau tuatahi*. mentalhealthcommission.cwp.govt.nz/assets/Access-and-Choice/MHWC-Access-and-Choice-report-Final.pdf
6. Ministry of Health. (2021). *Average wait time for CAMHS 2015/16–2019/20*. d3n8a8pro7vmx.cloudfront.net/nationalparty/pages/15372/attachments/original/1617844156/Annual_Reviews_2021-Wait_time_child_and_adolescent_services_over_6_years.pdf?1617844156
7. McConnell, G. (2022, October). *Health NZ needs 650 mental health staff to fill gaps*. Stuff NZ. www.stuff.co.nz/national/politics/300715555/health-nz-needs-650-mental-health-staff-to-fill-gaps
8. Te Huringa Mahara Mental Health and Wellbeing Commission. (2023). *Te Huringa Tuarua 2023: Mental Health and Addiction Service Monitoring Report*. Wellington. <https://www.mhwc.govt.nz/assets/Te-Huringa/Te-Huringa-2023/Summary-report/Te-Huringa-Tuarua-2023-SummaryReport.pdf>
9. Ministry of Health. (2021). *Office of the Director of Mental Health and Addiction Services Annual Report 2018 and 2019*. Wellington. www.health.govt.nz/publication/office-director-mental-health-and-addiction-services-annual-report-2018-and-2019
10. Lockett, H., Jury, A., Tuason, C., Lai, J., & Fergusson, D. (2018). Comorbidities between internalising disorders and long-term physical health conditions: An analysis of the New Zealand Health Survey data. *New Zealand Journal of Psychology*, 47(3), 5–11.

Factsheet: Mental health promotion – what is it and how does it work?

1. Muriwai, E., Houkamau, C. A., & Sibley, C. G. (2015). Culture as Cure? The Protective Function of Māori Cultural Efficacy on Psychological Distress. *NZ J of Psychology*, 44(2), 14–24.
2. Deloitte. (2022). *Mental health and employers: The case for investment – pandemic and beyond*. <https://www2.deloitte.com/content/dam/Deloitte/uk/Documents/consultancy/deloitte-uk-mental-health-report-2022.pdf>
3. Wyllie & Associates. (2022). *Farmstrong Seventh Year Monitoring Report: Report prepared for Farmstrong*. farmstrong.co.nz/wp-content/uploads/2023/03/Annual_Monitor_Report_2022-2-1.pdf
4. Rangihuna, D., Kopua, M., & Tipene-Leach, D. (2018). Mahi a Atua: a pathway forward for Māori mental health? *NZMJ*, 131(1471), 79–83.
5. Kopua, D., Kopua, M., & Levy, M. (2021). *Te Whare Wānanga o Te Kurahuna: Tēnei te Pō Nau mai te Ao – Transformation in Action*. www.mahiaatua.com/site_files/19193/upload_files/Teneitepo.pdf?dl=1
6. Ihi Research. (2020). *Initial research into the impact of Sparklers for the Mental Health Foundation*. drive.google.com/file/d/1RCm3irRY4JHf2xSeG1Z7imGoMq2dbOkQ/view

Factsheet: Mauri ora: Promoting Māori mental health

1. Durie, M. (1998). *Whaiora: Māori Health Development (Second Edition)*. Auckland: Oxford University Press.
2. Wikaire, E., Wikaire-Mackey, K., Graham, S., Naera, M., & Durie, M. (2022). *Nōku te Ao: Sovereignty of the Māori Mind*. Wellington: Te Whatu Ora.
3. Durie, M. (1999). Te Pae Māhutonga: a model for Māori health promotion. *Health Promotion Forum of New Zealand Newsletter* 49.

Factsheet: What rangatahi want

1. Colmar Brunton. (2021). *Youthline State of the Generation: May 2021*. www.youthline.co.nz/uploads/2/9/8/1/29818351/colmar_brunton_state_of_the_generation_2021.pdf
2. Ministry of Health. (2022). *Annual Data Explorer 2021/22: New Zealand Health Survey [Data File]*. <https://minhealthnz.shinyapps.io/nz-health-survey-2021-22-annual-data-explorer/>
3. Te Whatu Ora Health New Zealand. (2022). *Suicide web tool*. <https://tewhatuora.shinyapps.io/suicide-web-tool>
4. Government Inquiry into Mental Health and Addiction. (2018). *He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction*. mentalhealth.inquiry.govt.nz/assets/Summary-reports/He-Ara-Oranga.pdf
5. The Hive. (2021). *Emissions reduction plan engagement report*. The Hive and Curative for the Ministry of Environment. thehive.nz/wp-content/uploads/2022/05/The-Hive-Emissions-Reduction-Plan-Report-Final-1.pdf
6. Webb, S., Kingstone, S., Richardson, E., Flett, J. (2020). *Rapid evidence brief: COVID-19 youth recovery plan 2020– 2022*. Wellington: Te Hiringa Hauora/Health Promotion Agency. www.hpa.org.nz/sites/default/files/Rapid%20Evidence%20and%20Covid-19%20Youth%20Recovery%20Plan%202020-2022.pdf
7. Koi Tū for Te Hiringa Mahara. (2023). *A summary of literature reflecting the perspectives of young people in Aotearoa on systemic factors affecting their wellbeing*. www.mhwc.govt.nz/assets/Youth-wellbeing-/Koi-Tu-Literature-Review-for-Te-Hiringa-Mahara-May-2023.pdf
8. Te Hiringa Mahara Mental Health and Wellbeing Commission. (2023). *Young people speak out about Wellbeing: An insights report into the Wellbeing of Rangatahi Māori and other Young People in Aotearoa*. www.mhwc.govt.nz/assets/Youth-wellbeing-/Youth-Wellbeing-Insights-Report-Full.pdf
9. Te Hiringa Mahara Mental Health and Wellbeing Commission. (2022). *Te Huringa: Change and Transformation. Mental Health Service and Addiction Service Monitoring Report 2022*. www.mhwc.govt.nz/assets/Te-Huringa/FINAL-MHWC-Te-Huringa-Service-Monitoring-Report.pdf
10. Ministry of Health. (2021). *Average wait time for CAMHS 2015/16–2019/20*. d3n8a8pro7vhmx.cloudfront.net/nationalparty/pages/15372/attachments/original/1617844156/Annual_Reviews_2021-_Wait_time_child_and_adolescent_services_over_6_years.pdf?1617844156