

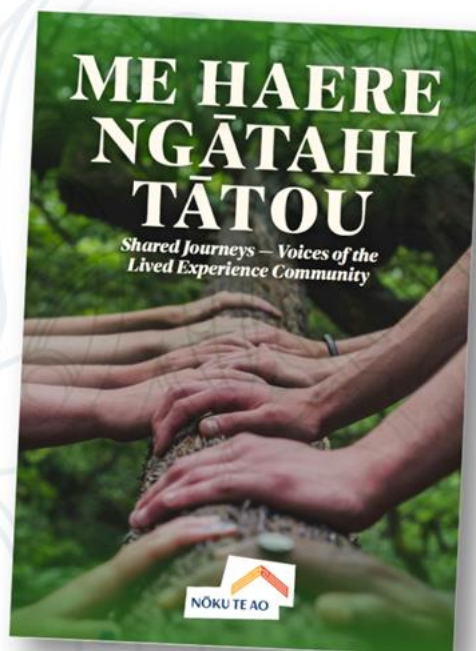
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Nōku te Ao November ipānui

Social Movement | Co-Design Report

Our report, 'Me Haere Ngātahi Tātou | Shared Journeys – Voices of the Lived Experience Community,' is here!

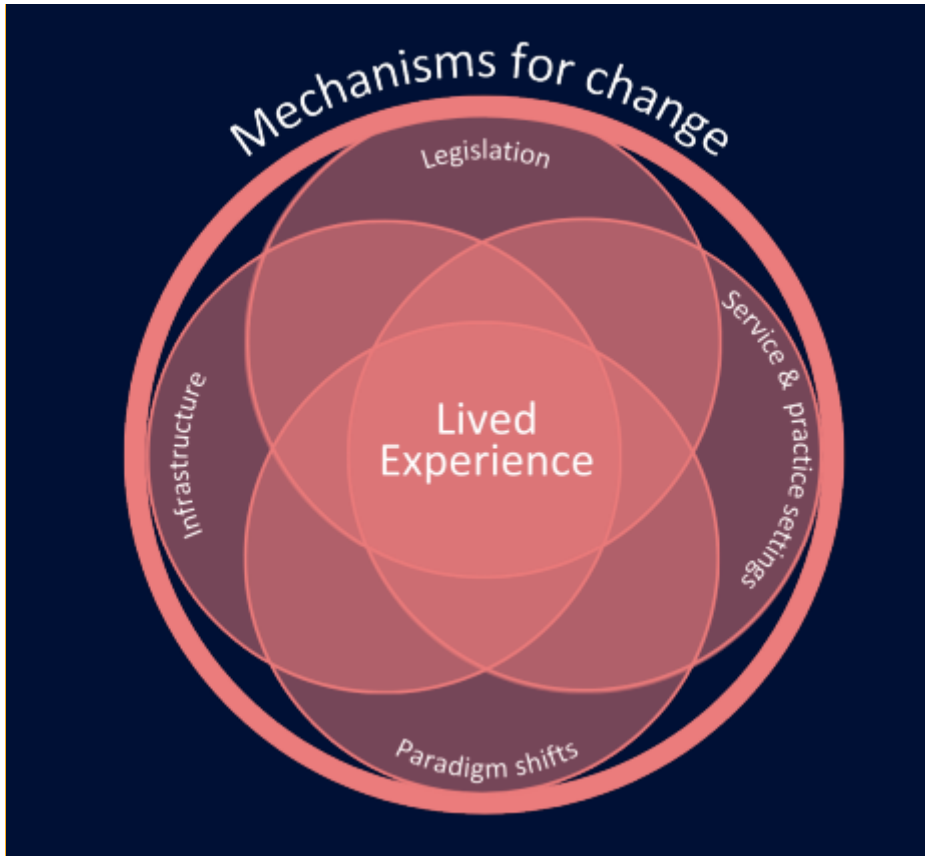


Being lived experience-led is our core value at Nōku te Ao. Our team travelled around the motu to hear the whakaaro (thoughts) of our diverse lived experience community to understand how we can best serve whānau. Through collective insights and solutions, we created this co-design report, which shares key findings and recommendations that act as a guide for our collective mahi and the Nōku te Ao Social Movement. Through these hui with whānau, we reconfirmed that discrimination is still prevalent for tāngata whaiora. This amplifies the urgent need to eliminate discrimination and prejudice in Aotearoa, so we are all able to thrive.

You can read through our report and sign up to hear more about how our social movement team will action the recommendations.

[Read the plan](#)

Mental Health Bill - submissions open!



The Mental Health Bill is open for people to provide their views on how we can transform care for those in acute mental distress. This bill covers compulsory treatment in mental health services, including seclusion, restraint and other forms of involuntary care. Manatū Hauora (Ministry of Health) have prepared a [presentation](#) that explains the changes that this bill proposes.

Tangata whaiora overwhelmingly advocated to repeal and replace the previous Mental Health Act as part of the recent Mental Health Inquiry. This refreshed act is a product of our advocacy. We need to continue our participation to ensure this bill creates health services that protect our human rights, promote choice and options, and support us to remain connected to our community.

Submissions close on 20 December 2024 and we encourage all tangata whaiora and whānau to put their views forward.

[Make a submission](#)

E taua tagata uma! Faith-based leadership



Meet Imoa Setefano, a passionate advocate who's lived with bipolar disorder and witnessed the harmful stigma surrounding mental health challenges first-hand. Driven by his experience, Imoa and his wife Amelia embarked on a mission to challenge these perceptions. Together, they facilitated talanoa sessions with Pacific groups across Aotearoa and trained champions within their church to further drive this work.

Through this project, Nōku te Ao is stepping up our tautoko for Pacific leaders and allies to create open dialogue around mental health amongst aiga.

Rangatahi Engagement



Author of our Nōku te Ao report, Sovereignty of the Māori Mind, Dr Erena Wikaire facilitated an online workshop with some rangatahi from Rosehill College. The wānanga was aimed at informing our young leaders on the whakapapa of Nōku te Ao and our efforts to end stigma and discrimination. Dr Wikaire gave insights into examples of potential discrimination in the school environment speaking to each level of discrimination; internalised, interpersonal and institutional.

These rangatahi will be working on a youth stigma project over the coming year and relished the opportunity to have an informed kōrero about how they can create change in their community.

Abuse in Care apology



For more than six years, survivors of state care across Aotearoa have come forward and bravely shared their stories. The Prime Minister, Director-General of Health, and other Chief Executives have apologised for this abuse suffered in state care between 1950-1999.

Nōku te Ao began in 1997 as Like Minds, Like Mine, a programme borne out of the hopes and aspirations of psychiatric survivors for a better world. We dreamt of a world free from prejudice and discrimination, a world where we all experience acceptance, inclusion, and equal opportunity. We stand with our peers who bravely shared stories of hurt and resilience. Our aroha goes out to those who deserved redress but are no longer with us. We want to thank allies, whānau and friends who supported us as we shared our stories and brought an end to the silence of shame.

Details on the redress process will be released next year and an independent [survivor support service](#) has been set up to support whānau in the interim. You can also [make a claim](#) with one of four government agencies. An [Abuse in Care Legislation Amendment Bill](#) is being put through Parliament in response to the report of the Royal Commission. It is open for submissions on improving safety and wellbeing for children, young people, and adults in care.

Tū pakari, tū taha. Ko te kotahitanga o tō tātou kaupapa. Nōku te Ao.

Story of the month



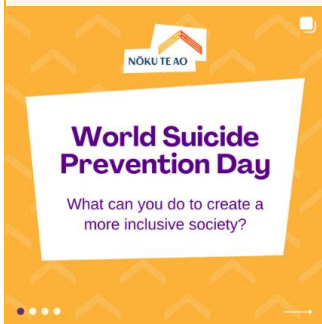
Content warning: Please note this story covers some difficult topics, including trauma and abuse. If you need support, free call or text 1737, or find more resources listed at [Helplines](#) | [Mental Health Foundation](#).

It is important that Māori voices are amplified in important discussions such as those about abuse in state care. This recent RNZ article is a powerful example, bringing together the voices of five Māori survivors who share their lived experience and thoughts on the recent government apology.

Cultural identity and mental health are central themes among the survivors, as many of them describe struggles with self-worth and belonging due to the trauma they endured. We believe this reporting is positive, as it uplifts Māori voices, reflects on systemic flaws, and promotes awareness of intergenerational trauma.

[Read article](#)

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Tū pakari, tū taha. Ko te kotahitanga o tō tātou kaupapa. Nōku te Ao.

Stand proud. Stand alongside. We are united by our purpose. This is our world.



Health New Zealand
Te Whatu Ora



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133 Molesworth Street, Wellington 6011

Nōku te Ao is a public awareness programme that aims to increase social inclusion and end discrimination towards people with experience of mental illness or distress. We do this through public awareness campaigns, community projects and research. The Nōku te Ao programme is from Health Promotion | Health New Zealand.

www.nokuteao.org.nz

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