



*Our Health in Mind* is a new approach to improve mental health and addiction care in the Waitemata district over the next five years.

It will drive a major shift in the traditional model of care by focusing on people and family in the community, helping them to get well sooner and to stay well.

Funded by Waitemata DHB, people will receive earlier and improved access to local mental health and addiction support, assessment, and treatment, with culturally appropriate approaches where needed.

---

## Why do we need *Our Health in Mind*?

---

In 2015, one in five people living in Waitemata experienced mental illness and/or an addiction disorder. Anxiety, depression, and alcohol use disorders are most common.

Early recognition and treatment can significantly reduce the negative impact of poor health.

However, some people do not seek help or leave it until they are very unwell. These include not knowing where to go for help, the impact of stigma associated with seeking help, as well as the availability of and sometimes cost of services.

*Our Health in Mind* will help people receive effective help at an earlier stage.

---

## How will it do this?

The majority of people with treatable mental illness or addiction disorders will see their family doctor (GP) with health concerns. *Our Health in Mind* will provide better outcomes for patients, whanau and the wider Waitemata population through earlier diagnosis, more effective responses and an enhanced patient experience.

**To do** this, *Our Health in Mind* will give GPs and practice nurses more support and more options to help them help their patients. This includes:

Enhanced support to encourage earlier presentation of and help for serious and common mental health and addiction disorders, especially among Māori and Pacific communities.

Better access to talking therapies and self-management programmes for more people.

Increased specialist mental health and addiction advice for GPs, to support best practice care.

Improved listing of community resources for easy direction to the most appropriate service.

Improved screening and support for pregnant women struggling with vulnerability to mental illness and/or alcohol misuse.

Building stronger partnerships between primary care, non-Government organisations and community groups to deliver a seamless service for patients.

**To find** out more about the Our Health in Mind Programme and the benefits it will bring to the Waitemata DHB region, you can read the full Action Plan at:

<http://www.waitematadhb.govt.nz/assets/Documents/action-plans/OurHealthInMind.pdf>

## Help and support

For anxiety and depression advice call 0800 111 757 or visit [www.depression.org.nz](http://www.depression.org.nz)

For concerns about alcohol or drug use call 0800 787 797, text 8681, or visit <http://alcoholdrughelp.org.nz>

For help with problem gambling call 0800 654 655, text 8006, or visit [www.gamblinghelpline.co.nz](http://www.gamblinghelpline.co.nz)