

Briefing

Launch of Roadmap for mental health, addiction and wellbeing

Date due to MO:	12/06/2026	Action required by:	24/06/2026
Security level:	UNCLASSIFIED	Briefing number:	BN2026-013
To:	Hon Matt Doocey, Minister for Mental Health		
Copy to:	Tim Herbert, Ministry of Health – Manatū Hauora Grace Collis, Ministry of Health – Manatū Hauora		

Contact for Telephone Discussion

Name	Position	Telephone
Karen Orsborn	Chief Executive	
Stuart Allan	Director Corporate Services	

Minister's Office to Complete

- | | | |
|--|------------------------------------|---|
| ☐ Approved | ☐ Decline | ☐ Noted |
| ☐ Needs change | ☐ Seen | ☐ Overtaken by event |
| ☐ See Minister's note | ☐ Withdrawn | |

Comment:

Launch of Roadmap for mental health, addiction and wellbeing

Security level:	UNCLASSIFIED	Date:	12/06/2026
To:	Hon Matt Doocey, Minister for Mental Health		

Purpose

1. On 24 June 2026, Te Hiringa Mahara - Mental Health and Wellbeing Commission (the Commission) will launch our 2026 'Roadmap for mental health, addiction and wellbeing'. This briefing summarises context, launch and focus areas.

Background

2. One of our three key shifts in our 2025-2029 Strategy is to being a bolder advocate, publicly holding the system and decision makers to account and keeping the spotlight on mental health and wellbeing.
3. We are publishing a Roadmap for mental health, addiction and wellbeing. The Roadmap illustrates what can practically be done at the policy level in Aotearoa New Zealand right now to begin to realise our vision. Our vision lays out our ideal future: that everyone across Aotearoa New Zealand should have access to an equitable mental health system. The Roadmap draws a wide range of our work over the five years since our establishment, the recommendations we have made through our monitoring and insights, including our most recent system performance monitoring, and our engagement.
4. The Roadmap will form a key plank in the Commission's proactive, external communications in coming months and will be used to promote shared understanding of priority areas for action. We will share the Roadmap with the Cross-Party Mental Health and Addictions Wellbeing Group (Cross-Party Group), all other MPs, and organisations working in mental health and addictions space.
5. We are deliberately focusing on a small number of high priority areas. We have targeted our efforts into three content 'buckets', focused on (i) rangatahi and young people, (ii) crisis response and access, (iii) tangata whaiora and whānau. Our aim is to build visibility of what we consider the most significant issues are, and momentum for people to work in unison towards achieving improvements.

Launch of the roadmap

6. The Cross-Party Group will host a breakfast launch and briefing event on Wednesday 24 June 2026. An invitation has been extended to all MPs, senior officials from the Ministry of Health and Health NZ, and Platform Trust (as the Cross-Party Group Secretariat). Gallery journalists have also been invited.

7. Speeches will be from yourself, Commission senior leadership and Board, frontline perspectives and Cross-Party Group members. Following speeches there will be a media-standup with gallery journalists.

Next Steps

8. A high level of ambition is required to make system shifts at a scale that will address both current and future challenges. We are seeking to positively influence public discourse to accelerate people-centred change. After the launch of the Roadmap, we will continue to build wider understanding and acceptance of both the rationale and benefits of the priority changes we are advocating for.
9. Stakeholders will be invited to an interactive, online session where the Roadmap will be introduced and an opportunity for questions. This is being scheduled for the week commencing 6 July.
10. The Roadmap will be published on our website, and we will undertake media interviews on this if approached.
11. We will continue to use the Roadmap and “what good looks like” framing to increase visibility, build trusted media relationships, shape public debates and strengthen our authority and reach. This will include through proactive media engagement and pitching. We will monitor coverage and sentiment.

Recommendations

We recommend you:

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| a) | Note the attached Roadmap for mental health, addiction and wellbeing to be launched on 24 June 2026. | Noted |
| b) | Note we will share the attached Roadmap with the Cross-Party Mental Health and Addiction Wellbeing Group via the Chair and Deputy Chair in advance of the launch. | Noted |
| c) | Note we intend to release this briefing under our proactive release policy. | Noted |

Karen Orsborn
Chief Executive
Date: 19/06/2026

Hon Matt Doocey
Minister for Mental Health
Date:

Appendix One: Te Hiringa Mahara – Mental Health and Wellbeing Commission:
Roadmap for mental health, addiction, and wellbeing

ENDS