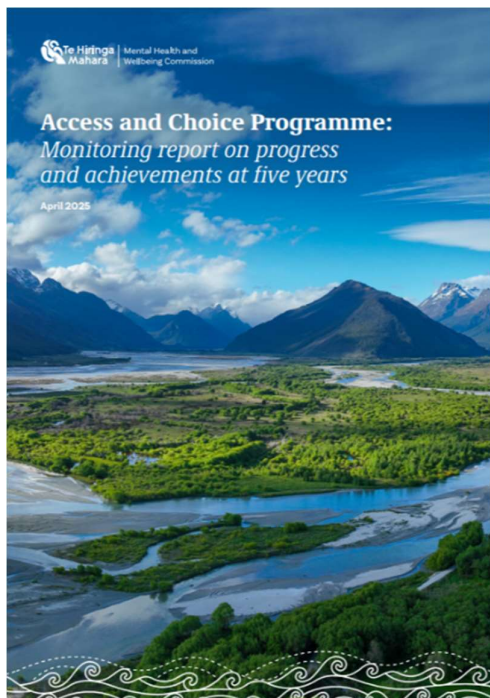
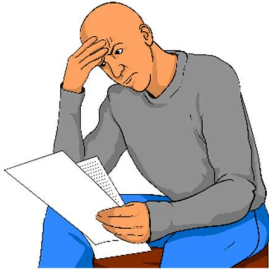


Access and Choice programme report



Published: June 2025

Before you start



This information may upset some people when they are reading it.



If you are upset after reading this document you can talk to your:

- whānau / family
- friends.



You can also contact Need to Talk by:

- calling 1737
- texting 1737



It does not cost any money to call / text 1737.

What you will find in here

Page number:



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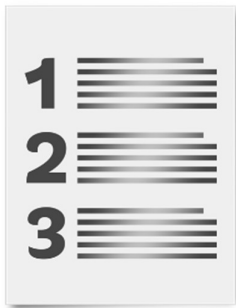


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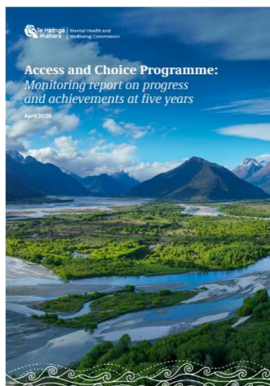


This Easy Read document is a **summary** of the **Access and Choice programme 2025 report**.

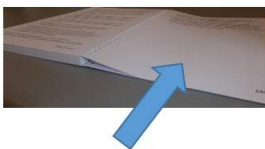


A **summary** is:

- shorter than the main document
- tells you the main ideas.



The **Access and Choice programme 2025 report** talks about how the Access and Choice programme has been going.



There is more information about the Access and Choice programme on **pages 7 to 8**.



In this Easy Read the **Access and Choice programme 2025 report** will be called **the report**.



The report is written by **Te Hiringa Mahara – Mental Health and Wellbeing Commission**.



Te Hiringa Mahara – Mental Health and Wellbeing Commission:

- is an independent part of the government which means the government cannot tell them what to do
- is a kaitiaki / guardian of **mental health** and **wellbeing** in Aotearoa New Zealand
- tells other agencies how to make things better for mental health and wellbeing.





Mental health is about:

- your emotions
- how you feel.



Wellbeing means things like:

- how you feel about yourself
- getting support when you are feeling sad / worried
- feeling safe
- being able to choose what is important to you.



When you see **we / us** in this document it means **Te Hiringa Mahara – Mental Health and Wellbeing Commission.**

What is the Access and Choice programme?



The Access and Choice programme began in 2019.



The Access and Choice programme gives support to people for:

- their mental health
- **substance use**
- **gambling.**



Here **substance use** means having problems with:

- drinking alcohol
- taking drugs.



Gambling is spending money on things like:

- playing the pokie machines
- betting on horse races
- playing games at the casino.

Gambling can be addictive / hard to stop doing.



The 4 kinds of services people can get through Access and Choice are:

- primary services like support from their doctor
- Kauapapa Māori which are services by Māori for Māori
- Pacific services which are led by Pacific people
- youth services which are done in ways that are good for young people.



How have mental health services got better?



The Access and Choice programme has given people more access to:

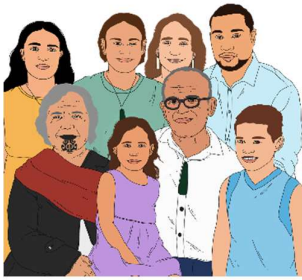
- mental health services
- support services for:
 - substance use
 - gambling.



The Access and Choice programme has given people:

- more choice of services
- easier access to the services
- access to services sooner.





The Access and Choice programme includes support that:

- keeps whānau / aiga / family a part of everything
- young people like.



Doctors in **general practice** say that having staff who are part of Access and Choice gives them more time to do other things.



Here **general practice** means the doctor you first go to about your health needs.



Doctors in general practice say the Access and Choice programme has supported them to work better with people who need support for:

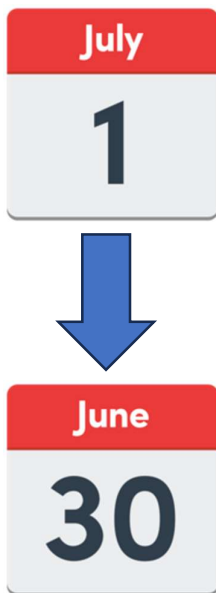
- mental health
- substance use
- gambling.



How many people are using Access and Choice?



Over 2 hundred and 7 thousand people used Access and Choice in the 2023 to 2024 **financial year**.



A **financial year** for government services:

- starts on 1 July
- and
- ends on 30 June.

This is so the government can do reports on how much money they:

- have spent
- will spend.



The aim / goal is for 3 hundred and 25 thousand people to use Access and Choice every year.



This aim / goal should be reached by about 30 June 2026.



To make sure the aim / goal is reached every year the Access and Choice programme will need:

- funding / money
- services working at their best
- more people working in the programme
- better access to **specialist services.**





Here **specialist services** means mental health services that can better look after people who need more support.

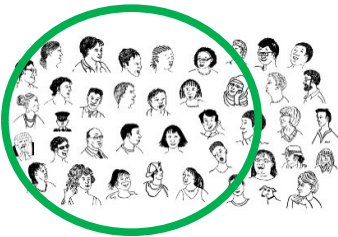
Where is Access and Choice available?



Access and Choice services are now available to people all through Aotearoa New Zealand.



The aim / goal is for Access and Choice to be available to 70 **percent** of people **enrolled** with a general practice.



Percent means 1 out of every 100.

For example 70 percent of people means 70 people out of every 100 people.



Here **enrolled** means:

- you go to the same doctor when you need health care
- your doctor has all your health information.

This aim / goal is very close to being met.

Every health **district** has:

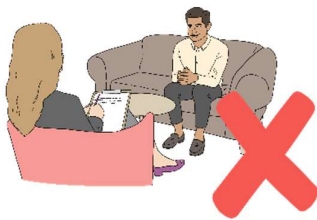
- Kaupapa Māori services
- youth services.

Here a **district** is an area of Aotearoa New Zealand where people get their health services.



There are 9 districts where:

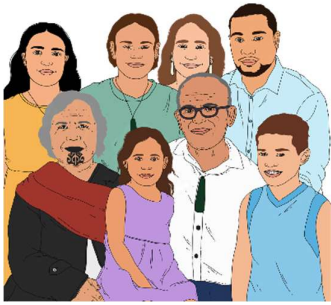
- more Pacific peoples live
- and
- there are mental health services for Pacific peoples.



Some people do not have access to **primary mental health services.**



Primary mental health services means getting support for mental health from your general practice like your doctor.



In the places where there are no primary mental health services some people may be able to use:

- Kaupapa Māori services
- Pacific services
- youth services.



What is happening with the workforce?



Access and Choice has made the mental health **workforce** bigger in:

- primary services
- community services.



Workforce means a group of people working in:

- a place like a hospital
- services like:
 - health care
 - mental health.





The Access and Choice programme is now a big part of mental health services.

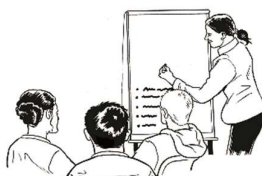


Investing in the workforce has supported mental health services to grow.



Here **investing** means putting in more:

- money
- time
- support to learn things.



There is over 80 percent of the staff needed now working in Access and Choice services.

What are the differences around the country?



It is important we understand how different mental health care services around the country do different things.



This is so we can make sure more people get mental health services.



It is important to look at having mental health services:

- over the internet
- that include lots of different:
 - people
 - parts.





We do not have enough information about how the Access and Choice programme is working to make decisions on what to do.



1 thing we need more information on is how many patients each mental health staff person supports.



Getting better information will support us to understand how well the Access and Choice programme is working.

Funding must be kept going



The Government put over 6 hundred and 60 million dollars into the Access and Choice programme.



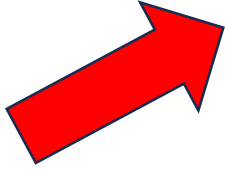
This money was to last for 5 years until 2024.



At the end of the 5 years:

- 58 percent of the money went to services everyone could use
- 20 percent of the money went to Kaupapa Māori services
- 15 per cent of the money went to youth services
- 7 percent of the money went to Pacific services.





The need for mental health care has gotten bigger in the last few years.



What was planned at the start of the Access and Choice programme needs to be kept going like:

- money
- services.



What happens next?



Te Hīngira Māhara will share the full Access and Choice programme 2025 report with:

- government agencies
- places that information about mental health is important to.



The full Access and Choice programme 2025 report can be read at this **website**:

www.mhwc.govt.nz/access-choice-2025



The full report is **not** in Easy Read.

Where to get more information



If you want more information about the report you can send an **email** to:

kiaora@mhwc.govt.nz



Reading about mental health can bring up lots of different feelings.



For information about support you can go to this **website**:

www.mhwc.govt.nz/where-to-get-support/



This website is **not** in Easy Read.



This information has been written by Te Hīringa Mahara – Mental Health and Wellbeing Commission.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



The ideas in this document are not the ideas of People First New Zealand Ngā Tāngata Tuatahi.



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