

Pūrongo aroturuki i ngā urupare mōrearea

Nā Te Hīringa Mahara i tuhi: Whiringa-ā-rangi 2025

Ka aro tēnei pūrongo ki ngā urupare tairaru i te hekenga o te wā rima tau, mai i te Hānuere 2020 ki te Tīhema 2024, ā, e whai ana ki te whakapiki i tō tātou māramatanga ki aua urupare. Ahakoa he wāhanga noa o te horanuku hauora hinengaro me te waranga, he mahi waiwai tō ngā urupare tairaru ki te whakarite kia whiwhi tautoko whitawhita ngā tāngata me ngā whānau e tairarutia ana.

Ka tirotiro ki te āhua o te pūnaha o te wā me te tuku tirohanga ki ngā urupare me ngā ara ka whakaterea e ngā tāngata me ngā whānau ina pā he tairaru, otirā ka tautuhi hoki i te āhua pea o tētahi pūnaha urupare tairaru whaitake i Aotearoa. E rua hoki āna tūtohu o ngā āhuatanga me tatū hei whakapai ake i ngā urupare tairaru i te wā pae tata me te pae tawhiti.

He iti ake ngā tāngata engari he nui ake te whitawhita

Ina tauritea ki ngā tau e rima ki muri, he iti ake ngā tāngata i pūrongo i tētahi āhuatanga tairaru, otirā ko te nui o ngā āhuatanga tairaru he wāhanga paku iti ake o te tapeke o ngā mahi ratonga mātanga. Kua heke hoki te āheinga whānui ki ngā ratonga mātanga hauora hinengaro me te waranga i ngā tau e rima kua hori, ahakoa e tohu ana ngā aroturukitanga ehara tēnei nā te hekenga o te popono. He nui ngā take i pēnei ai, tae atu ki te pikinga o te tuatini o te auhi me ngā matea, ā, me ngā herenga o te pūnaha.

Kua heke te nui o ngā waea tairaru engari he nui ake te pāpānga o ngā mea whitawhita. Mō te Māori me ngā rangatahi, he maha ngā waea whitawhita nui ina tauritea ki ērā o te tauivi me te hunga pakeke ake i te 24 tau.

Kua piki te maha o ngā waea ki ngā pirihimana e pā ana ki ngā take hauora hinengaro, engari

he iti ake i waeheretia hei whakatūpato mate whakamomori. He paku nui ake te hunga i waea ki te tono waka tūroto, engari he iti ake mō ngā tau 19 ki te 24 tau.

E taumahatia ana te pūnaha

Neke atu i te haurua o ngā tāngata e toro atu ana ki te tautoko tairaru e mahi ana i tēnei mā ngā waea mōrearea, ā, he roa ake te tatari ki te kōrero ki tētahi tangata. I te tau 2020, he rua mineti toharite te wā i tatari ai te tangata ki te kōrero ki tētahi atu, ā, nō te taenga ki te hiku o te 2024, i piki tēnei wā tatari ki te rima mineti.

Kua roa ake te wā noho a te tangata ki ngā ratonga tēnā i ngā tau e rima ki muri. Kua piki te roa toharite o te wā noho ki ngā ratonga tauroto, otirā i piki hoki te nui o ngā rā whakamātūtū ki ngā ratonga mātanga me ngā rā moe tānga manawa o ia tangata. I te tau 2020, ko te wā toharite o te noho ki ngā ratonga puta noa i te motu, he 18 rā, ā, nō te hiku o te 2024, i piki ki te 20 rā.

E whakaatu ana ngā tauine i whakamahia kia mārama ki te tuatini o te auhi me ngā matea i te wā ka kuhu tētahi ki ngā ratonga tauroto, kua piki ngā pāpānga mai i te 2022. E whakaatu ana ngā hua o te Uiui Hauora o Aotearoa i te pikinga o ngā kaupae auhi ā-hinengaro teitei, me te matea tiakanga tutuki-kore.¹

¹ Manatū Hauora. 2024. **Annual Data Explorer 23/24: New Zealand Health Survey [Data File]**. minhealthnz.shinyapps.io/nz-health-survey-2023-24-annual-data-explorer/_w_6b5ae008b0e84f3389790b43af23ccc5/#!/home.

I rongo mātou mō te taurangi whānui o ngā urupare tairaru puta noa i te motu me ngā wero o te rurukutanga me te reretahi o te tiakanga. He pānga tō ngā potonga rāngai kaimahi moroki ki te āhei o te pūnaha ki te urupare ki te pikinga o te tuatini o te auhitanga me ngā matea o ngā tāngata whaikaha me ngā whānau.

He whāiti rawa ngā kōwhiringa, ngā ara me ngā rauemi i ētahi wāhi, ā, i rongo mātou mō te tiketike o ngā pikinga auhitanga i te wā ka toro atu te tangata me ō rātou whānau ki te rapu āwhina, ā, kāore i whiwhi i tā rātou i matea ai. Mō te hunga e tairarutia ana nā te kai pūroi, he whāiti ake hoki ēnei ara, ā, he iti noa ngā kōwhiringa.

Me nui ake te tautoko mā te Māori me ngā rangatahi

E kite tonu nei tātou i ngā putanga tautika-kore mā te Māori. He pānga riterite teitei ake te Māori o te hunga e kuhu ana ki ēnei ratonga puta noa i ngā ratonga mātanga hauora hinengaro me te waranga, ā, he pēnei anō ngā ratonga tairaru. O ngā tāngata katoa e kite wheako ana i te āhuatanga tairaru, he 32.5 ōrau he Māori. He ōrau teitei ake te Māori (4.1 ōrau ina tauritea ki te 2.7 ōrau mō tauīwi) o ngā take hauora hinengaro e pā ana ki te tari ohotata (ED).

He nui ake ngā waea whitawhita mā ngā ratonga o Whakarongorau Aotearoa | New Zealand Telehealth Services (Whakarongorau) a te Māori, otirā neke atu i te haurua o ngā tāngata whai āhuatanga tairaru i te takiwā o ngā pirihimana he Māori tonu. He nui ake hoki te tūponotanga o te Māori ki ngā āhuatanga tairaru i roto i te 48 haora i mua o te kuhunga ki te wāhanga tauroto (79.8 ōrau, ā, he 72.9 ōrau mō tauīwi) otirā he nui ake hoki te tūpono kuhunga tuarua.

Me nui ake hoki te tautoko whitawhita i te rangatahi (i raro i te 25 tau) i te wā ka toro atu rātou ki te waea tairaru. Neke atu i te 30 ōrau o te hunga whai āhuatanga tairaru, i raro kē i te 25 tau. He nui ake te pāpātanga whakauru ki te ED tēnā i ētahi atu reanga tangata, ā, he rearua te pāpānga o ngā hauata hauora hinegaro tono waka tūroto, ahakoa kua heke haere tēnei i ngā tau e rima kua hipa.

Te koke ki tētahi pūnaha urupare tairaru pai ake

E tohu ana ngā taunakitanga o te ao ki te hiranga o ngā pūnaha urupare tairaru tūhonohono, ruruku ā-motu, haumarua ā-ahurea hoki, e whakauara ana i te mātau ā-wheako. Ko ngā tauira whaitake ka whakarato i te tiakanga 24/7, uruhi-kore, haumarua ā-ahurea, tūranga aropā, me ngā tautoko rangatahi motuhake. Ko te hua o ēnei pūnaha, ko te hekenga o te whakamahinga ED, te hekenga o te kohuki, me te pikinga o ngā hua mā ngā tāngata whaiora.²

I Aotearoa nei, he kohinga ratonga ā tātou me ngā waehanga hoki e pai ana te haere. I kitea ana te hua i roto i ngā ratonga ā-kaupapa Māori, ā-aropā hoki e whakapiki ana i te pono, te haumarua me te whai wāhitanga. Ko ngā āhuatanga o tētahi pūnaha urupare tairaru pai, ka kawea hei ratonga motuhake, he kaupapa rānei e kōkiritia ana i roto i ngā rohe.

Engari, ko ngā kaupapa ā-motu, ka noho wehewehe tonu, he rerekē i roto i ngā rohe, ā, kāore he arotake tōtōpū. Kāore he anga hora pūnaha-whānui i Aotearoa, ā, ahakoa he whānui ngā momo ratonga urupare tairaru, he iti noa ngā whiringa o ētahi atu, ina koa rā i ngā wāhi tuawhenua.

Ka tūtohu mātou kia hangaia tētahi pūnaha urupare tairaru tūhonohono ā-motu, whai whatunga hoki, e kitea ana ngā huarahi mārama me te whakatau i ngā āputa o te wā me ngā mea hārakiraki. Ka tūtohu hoki mātou kia whakamanatia ētahi āhuatanga pae tata i te wā e whakawhanaketia ana tēnei.

E mōhio ana mātou me nui te whakapaunga kaha ki te waihanganga i tētahi pūnaha urupare tairaru ā-motu. Me whakapono me manawanui hoki ngā tāngata whaiora me ngā whānau ina pā he tairaru ki a rātou, ka taea e rātou te whakauru ki ngā tautoko wawe, haumarua ā-ahurea hoki e tutuki ai ō rātou matea.

2 Synergia. 2025. **Crisis responses to mental health and/or substance use: What works? A literature scan for Te Hīringa Mahara | Mental Health and Wellbeing Commission.** Te Whanganui a Tara: Te Hīringa Mahara.

Ngā huringa e hiahiatia ana

I tēnei wāhanga, ka whakatakotoria ngā huringa pūnaha (i runga anō i ngā kitenga matua) e hiahia ana mātou hei whakapai ake i ngā huarahi urupare tairaru mā ngā tāngata whaiora me ngā whānau.

He pūnaha hoahoa pai, ruruku ā-motu hoki

He tikanga whatunga tūhonohono e whakamana ana i ngā hua tautika mā roto i ngā tikanga haumarū ā-ahurea, whai mōhio i ngā kohuki, ā, e kawea ana hoki i ngā urupare whaitake, hautū ā-hauora, tari maha hoki. Kei roto ko ngā pūnaha pāhekoheko e whakamana ana i ngā whakawhitinga wawe, takarepa-kore, ruruku hoki i waenga i ngā ratonga, tae atu ki ngā tukunga ED ki ngā ratonga kāhui tairaru.

Te pikinga o ngā kōwhiringa, tae atu ki te hikinga o te wātea ki ngā waea tairaru, ngā kōwhiringa Kaupapa Māori, rangatahi, aropā me ngā kaupapa ā-hapori mō te tautoko tairaru 24/7 e whakatutuki ana hoki i ngā matea o te tangata me ngā whānau e kite wheako ana i te tairaru kai pūroi.

Ngā urupare tairaru e poua ana ki te tangata me ngā whānau

Kei te mōhio te tangata ka taea he āwhinatanga i hea, ka whiwhi i te urupare tika i te wā e hiahiatia ana, ā, he āheinga ki ngā kōwhiringa haumarū, manaaki hoki. Kei roto i ēnei kōwhiringa ngā huarahi mā ngā tāngata i kai pūroi i te wā o te tairaru, ā, kia whai wāhi nui ake ngā whānau, ina koa te Māori me ngā rangatahi. Ka heke hoki te maha o ngā aromatawai hauora hinengaro e whakahaeretia ana i roto i ngā whare pirihihana.

Kia pakari ake ngā kaiwhakamana ā-pūnaha me ngā tirohanga raraunga

He rāngai kaimahi ka tautokona, me te pikinga o te raukaha me te mātau ki te urupare ki ngā take tuatini me te āheinga ki ngā pūnaha, ngā rauemi, ngā pūkenga me te mātauranga e tika ana kia pai ngā mahi, kia whaomo hoki.

E akiakitia ana ngā whakawhitinga kōrero hei whakatau i te poapoataunu me te whakahāweatanga ki ngā tāngata whaiora me ngā whānau kei te pūnaha hauora, ina koa i te wā e kawea ana rātou e ngā pirihihana ki ngā wāhi aromatawai.

Te kohinga o ngā raraunga whaitake e mārāma pai ake ki ngā wheako o ngā tāngata e whakamahi ana i ngā ratonga urupare tairaru, tae atu ki ngā raraunga hōmiromiro ki te āheinga o ngā tāngata whaikaha, ngā hapori tuawhenua me te hunga kai pūroi. Me nui ake te tūhura kia mārāma pai ake ki ngā take o ngā waea mahue, i whakakorehia rānei, ngā toronga kati, ā, me te āhua o ngā tauira ina kite wheako te tangata neke atu i te tairaru kotahi, i ngā hauwhā e rua, neke atu rānei i te kotahi tau.

Ngā Tūtohu

I tēnei wāhanga, e rua ngā tūtohu ka whakatakotoria i runga anō i ngā kitenga aroturuki. He nui ake ngā hōmiromirotanga ka puta i ēnei tūtohu mō te āhua o te angitu, kia pai ai te whakatutuki mahi me te aroturuki i ngā kokenga.

Ko ngā tūtohu kei konei, he motuhake ake te whakaatu 'ko wai e hiahia ana i te aha' hei whakamana i ngā huringa ā-pūnaha.

E tūtohu ana mātou:

1. **Kia waihangatia e Te Whatu Ora** tētahi pūnaha urupare tairaru tūhonohono ā-motu, whai whatunga hoki, hei te 30 o Hune 2027.

Ko tā tēnei pūnaha me:

- whakamana i te āheinga ki ngā kōwhiringa maha, tae atu ki te tautoko tairaru ā-waea 24/7 i ngā rohe katoa, ngā kōwhiringa mariko, ngā kāhui tairaru ā-hapori, ngā whare kawhe tairaru, ngā whare tānga manawa tairaru, ngā kōwhiringa tārū me ngā ratonga tūoro tauroto i te wā e mateatia ana. Me uru hoki ngā kōwhiringa motuhake mā te rangatahi, aropā, ā, me ngā mea Kaupapa Māori hoki
- me ārahi e te mātau ā-wheako, me tāmau i te tautoko aropā, me urupare ā-ahurea, me pou ki ngā mōtika, ā, me urupare ā-kohuki
- me whakarite i te whakaratonga o tētahi urupare wawe, āroharoha hoki, me ngā wāhi haumarū, manaaki hoki hei haerenga
- me whakarite i te āheinga o ngā tāngata whaiora me ngā whānau ki ngā mōhiotio e pā ana ki ngā kawatau i te wā e kite wheako ana i te tairaru, ahakoa kei hea rātou
- me whakarite i te hāngai o ngā urupare ki ngā tauira o te popono, otirā me taurite anō te kounga me te wawe o te kawenga i ngā pō me ngā rangi whakatā.

2. **Kia whakatinanatia e Te Whatu Ora** ngā whāinga paetata hei te 30 o Hune 2026:

- te whakamana i te āheinga ā-motu ki te tautoko tairaru ā-waea 24/7
- te whakawhanake i ngā huarahi mārama, reretahi hoki ki ngā ratonga tairaru, atu i ngā tiakanga mātāmua
- te arotake i ngā hua me te pānga o te tautoko aropā i ngā ED me ngā whare kawhe tairaru.



Tukua mai te Pūrongo aroturuki i ngā urupare mōrearea:
www.mhwc.govt.nz/crisis-responses



He mea tiaki te pūrongo nei e te manatā o Te Hīringa Mahara.
He mea raihana ēnei kōrero manatārua kia whakamahia
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Raihana ā-Ao. Ko te tikanga, ka taea e koe te tārua, te tohatoha,
te panoni hoki i ngā kōrero nei, engari me tautapa nā
Te Hīringa Mahara ngā kōrero nei, me ū hoki ki ērā atu tikanga
o te raihana. Kia tirohia te tārua o te raihana, me toro atu ki
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