

Ngā nekenga e ono hei hāpai ake i ngā hua hauora me te oranga hinengaro

Kua whakaemitia e Te Hiringa Mahara tētahi māramatanga kotahi mō te ahua o tētahi pūnaha hauora hinengaro me te waranga pai.

Ka taea ngā huringa e hiahia ana mātou mō tētahi pūnaha hauora hinengaro me te waranga pai ake mā te whakatinana i ngā nekenga pūnaha hira e ono. Mā te whakatinana i ēnei nekenga e ono mō te pūnaha hauora hinengaro me te waranga ka tautoko i ngā hua hauora me te oranga hinengaro pai ake mō ngāi Aotearoa.

Ā mātou mahi hei tautuhi i ngā nekenga mai i ngā reo, ngā mahere me ngā rautaki maha me ngā tūtohutanga mai i te Uiui He Ara Oranga 2018. E paiheretia ana ngā nekenga e ono katoa mai i ngā wheako o te tangata e mātau ana, e whai pānga ana hoki ki te ahotea hinengaro me te waranga.

Hei Kōmihana motuhake ka aroturukihia e mātou te whai i ngā nekenga hira e ono. I te marama o Hune 2025 i whakaputaina e mātou te aromatawai tuatahi e ai ki ngā whakaritenga whakatutukitanga e āwhina ana i a mātou kia mārama ai ki te whai take o te pūnaha onāiane. Tirohia te: **Pūnaha Aroturuki Whakatutukitanga Pūnaha.**

Te anga atu ki tētahi pūnaha hauora hinengaro me te waranga pai:

Nekenga 1

he whakatutuki i ngā pitomata o te **wheako mātau me te whai pānga**

Nekenga 2

he whakaraupapa i **ngā ratonga whaitake** mā te hunga **tino whai matea**

Nekenga 3

he tuku i te **ārai matua** me **ngā hāpaiora tōmua**

Nekenga 4

he tuku **āheinga tautika** ki ngā ratonga me ngā tautoko e **hāpai ake i ngā hua** mō te tangata

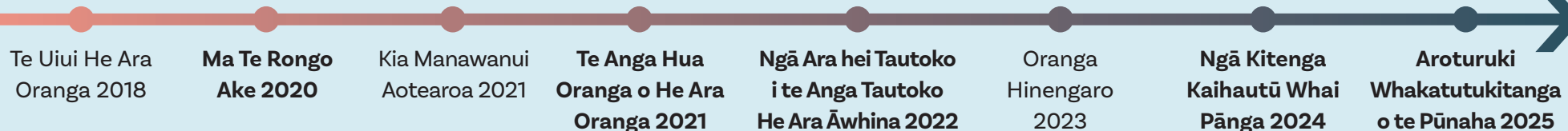
Nekenga 5

he whakaū i ngā tikanga **ā-tika tangata**

Nekenga 6

e tautokona ana e tētahi **ohu mahi** e matatau ana, e mātau ana, e kaha ana hoki ki te whakatutuki i ngā hiahia onāiane me āpōpō

I ahu mai tātou i hea



He aha te tikanga o te nekenga – Ngā mahi ka taea te ine mō ia nekeng

Nekenga 1:

Ngā wheako whai pānga

- E pūmau ana ki te whakawhanake me te tautoko i ngā tūranga hautū wheako whai pānga
- He tipu me te haumi haere tonu ki ngā ratonga tautoko aropā

Nekenga 2:

Te whakaraupapa hiahia

- Te whakanui ake i te haumi ki ngā ratonga Kaupapa Māori mō te mate hinengaro me te waranga
- E mahi tahi ana ngā tari mō te painga o te oranga hinengaro o te rangatahi me te taiohi

Nekenga 3:

Te ārai me te hāpaiora tōmua

- Te whakanui ake i te haumi ki ngā aronga hāpaiora matua me te hauora tūmatanui
- Kia tere ake te āhei atu ki ngā kōwhiringa matua nui ake
- E whāia ana ngā mahi e ngā tari ki te whakarite i ngā pūtake pāpori

Nekenga 4:

He tautika te āhei atu ki ngā ratonga tōtika

- E whakaūngia ana te tikanga tautika ki ngā mahi katoa
- He aronga hou hei whakarite i ngā hiahia kāore anō kia whakatutukihia
- Ngā mahi hei whakarite i ngā wā tatari i ngā ratonga hauora hinengaro me te waranga mātanga, otirā mā ngā rangatahi me ngā taiohi

Nekenga 5:

Te whakaū i ngā tika tangata

- E pūmau ana ki te whakamutu i ngā tikanga uruhi
- E aro ana ki te whakaiti i te whakamā
- Te whakarite kua whai kahawhiri ngā tāngata whaiora ki ngā whakatau mō te tiaki i a rātou anō

Nekenga 6: Te ohu mahi

- Ngā mahi hei tautoko i tētahi ohu mahi whai pūkenga me te toitū
- He nui ake te kanorau o te ohu mahi

Te whakanui i ngā nekenga

I te marama o Hūrae ka whakawātea mai te Kāwanatanga i te Rautaki Hauora me te Oranga Hinengaro hukihuki. Ko ā mātou nekenga e ono ngā panoni e hiahia ana mātou ki te kite i roto i tētahi pūnaha hauora hinengaro me te waranga kua takahurihia, ka mutu e taunakitia e mātou ēnei kia whakaurua ki te Rautaki. Mā te katoa ēnei e whakatinana.

He mea whakarite tēnei whakarāpopototanga o ngā nekenga hei whakarite e marama whānuitia ana i mua o ngā whakawhitiwhiti kōrero tūmatanui mō te Rautaki Hauora me te Oranga Hinengaro.

E tono ana mātou i tētahi Rautaki:



E ū ana ki ngā wheako whai pānga. E hiahia ana mātou i ngā reo, ngā tirohanga me ngā wawata a te hunga he wheako whai pānga o rātou i roto i te Rautaki. E hiahia mātou ki te kite i te mahi ngātahi tūturu me ngā hāpori wheako whai pānga i roto i ngā mahi waihanga me te whakatinana i te Rautaki me te Mahere Whakatinana.



Te hiahia whakaarotau. E hiahia ana mātou ki te kite i ngā otinga hāngai mō ngā taupori he tino nui te hiahia tae atu ki te Māori, Te Moananui-a-Kiwa, ngā taiohi me te hunga hauā.



E paiheretia ana e tētahi aronga aroturuki me te ako e ārahitia ana e ngā raraunga pai ake. E hiahia ana mātou ki tētahi mahere matawhānui hei whakapai ake i te kohinga o ngā raraunga mō ngā āhuatanga e pā nei ki te tangata, ngā wheako me ngā hua hei tautoko kia pai ake.

Ka tuwhera ngā whakawhitiwhiti kōrero mō te Rautaki hukihuki mai i te **Hūrae 2025**. Me whakaputa i ō whakaaro ki te paetukutuku a Te Manatū Hauora: www.health.govt.nz

He kōrero mō mātou

He hinonga Karauna Te Hiringa Mahara e aroturuki ana me te tautoko i te pūnaha hauora me te oranga hinengaro.

Ko tā mātou whakakitenga mō te hauora me te oranga hinengaro i Aotearoa ko Tū Tangata Mauri Ora.