

Strategy on a page 2025–2029

We are a kaitiaki of mental health and wellbeing in Aotearoa New Zealand

Whāinga Tāhuhu | Our Vision

Tū tangata mauri ora | Thriving together.

Whakatakanga | Our Mission

Te hautū i ngā putanga pai ake mō te hauora ā-hinengaro, mō te waranga, mō te oranga hoki | Lead improved mental health, addiction and wellbeing outcomes.

Ngā Uaratanga | Our Values

Tūhonotanga – We are inclusive and connected.

Māia – We are courageous and speak up.

Māramatanga – We learn by listening and seek knowledge.

Tika – We will be fair and respectful.

Aroha – We care about the work we do and the people of Aotearoa.

Pou Rama & Manaia

The light that shines through the Pou Rama is the voice of people with lived experience of mental distress or addiction, and voices of whānau and supporters. Refer to our Lived Experience position statement.

Ngā whakaarotau rautaki | Strategic priorities

Mental health and addiction services meet the needs of tāngata whaiora and their whānau.

Advancing mental health and wellbeing outcomes for people with lived experience of mental distress and addiction.

Improved performance of the mental health and addiction system.

Ko tā mātou mahi | We will:

Inspire – be an independent system leader, being a champion for positive change and fostering hope for the future.

Inform – publish evidence-based insights to drive informed decision-making.

Connect – promote alignment and collaboration to effect change.

Influence – use our public voice, insights, and recommendations for impact and to hold the system to account.

Grounded in
Te Tauāki ki Te
Tiriti o Waitangi

Ko te tuatahi
Article One
Kāwanatanga

Ko te tuarua
Article Two
Tino Rangatiratanga

Ko te tuatoru
Article Three
Ōritetanga

Whakapuakitanga
Kupu Tauāki Declaration
Ritenga Māori

Nōku te Hē
When we get it wrong



Te Hīringa
Mahara

Mental Health and
Wellbeing Commission