



How the He Ara Oranga and He Ara Āwhina frameworks work together

The He Ara Oranga wellbeing outcomes framework describes what ideal wellbeing looks like for all people and whānau in Aotearoa New Zealand – depicted through the sun and horizon, representing the aspirational state of wellbeing. The He Ara Āwhina system monitoring framework describes what an ideal mental health and addiction system looks like – depicted through the river and pathways, representing pathways to support. These partner frameworks are designed to work together.



The mental health and addiction system has a critical role to contribute towards the wellbeing of tāngata whaiora and whānau. However, it cannot achieve wellbeing outcomes on its own. Wellbeing is broad with many determinants, and there are

many other systems also contributing towards wellbeing. Achieving wellbeing requires a collaborative approach, focusing on reducing the impact of determinants and promoting wellbeing and services and supports when needed.

We will use He Ara Āwhina to monitor whether the mental health and addiction system is functioning as needed to enable wellbeing, alongside the He Ara Oranga wellbeing outcomes framework which will be used more broadly to monitor wellbeing.