



*Our Health in Mind* is a new approach to improve mental health and addiction care in the Waitemata district over the next five years.

It will drive a major shift in the traditional model of care by focusing on people and family in the community, helping them to get well sooner and to stay well.

It aims to give you, Waitemata District Health Board's primary care partners, more support. That means more options to help you help your patients and their whanau.

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## Why do we need *Our Health in Mind*?

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**In 2015**, one in five people living in Waitemata experienced mental illness and/or an addiction disorder. Anxiety, depression, and alcohol use disorders are most common.

*Our Health in Mind* aims to prevent the development of mental illness and addiction disorders in the Waitemata community. It will support better outcomes for people through earlier diagnosis, more proactive and effective interventions, and by enhancing the patient experience.

This will also help us to reduce acute hospital presentations and better target health spend.

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## How will it do this?

**The first** stage of *Our Health in Mind* seeks to expand capacity and to facilitate collaborative change in primary and community mental health and addiction care delivery.

## This will include:

- Increased specialist mental health and addiction support for GPs including phone advice and in-reach services for optimum management.
- Support for GPs and practice nurses to offer extended consultations to patients.
- Increased support time from community-based non-Government organisations (NGOs) to help with aspects such as back to employment support, in home support, or brief interventions that are individually tailored to assist people to move forward.
- Better access to talking therapies and self-management programmes for more people.
- Building stronger partnerships between primary care, NGOs, and community groups to deliver a seamless service for patients.
- Improved listing of community resources for easy direction to the most appropriate service.

## What does this mean for you and your patients?

*Our Health in Mind* will provide new ways for you to support patients to receive effective help at an earlier stage. This includes:

- More mental health and addiction information and support available to you and your patients.
- Better access to the services your patients need, when they need them.
- Improved outcomes for patients, their whanau, communities and wider society.

## More information

To find out more about the Our Health in Mind Programme and the benefits it will bring to the Waitemata DHB region, you can read the full Action Plan at:

<http://www.waitematadhb.govt.nz/assets/Documents/action-plans/OurHealthInMind.pdf>