

Fourth Mental Health Promotion Hui Aotearoa: 7-8 August 2008

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(Upper Hutt, New Zealand) A diverse array of people, passionate about improving the mental health of their communities, will gather at Orongomai Marae in Upper Hutt next week for the Fourth Annual Mental Health Promotion Hui Aotearoa. Under the frame of "Te Pae Mahutonga: A Framework For Wellness", MPs, academics, activists and health promoters alike will share their visions for mental wellbeing, celebrating difference and valuing diversity in New Zealand.

The hui is organised by the Mental Health Foundation of New Zealand in partnership with Regional Public Health, Sport and Recreation New Zealand (SPARC), Vakaola Pacific Community Health, and Te Roopu Pookai Taniwhaniwha.

"Mental health promotion aims to change social, economic and physical environments to improve health for all people," says Judi Clements, Chief Executive of the Mental Health Foundation. "It's a very broad field as the factors that affect this cover everything from working and living conditions, to how connected people feel to their families, culture and community."

Finding common ground between sectors such as community, housing, education, and public health in order to strengthen mental health promotion is a key objective of this year's hui.

It also aims to contribute to the overall goal for Maori health – Whanau Ora – which empowers individuals and families to maximise health and wellbeing, and valuing the contribution they make to society. Reflected in the programme is a desire to nurture and encourage leadership by Maori, Pasifika and tangata whaiora (people experiencing mental illness) across the spectrum of mental health promotion.

"We've brought together a diverse and exceptional range of speakers and presenters to challenge, inspire and inform our ways of working with communities, and advocating for change," Clements adds.

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