

## **HEALTH ACTION TRUST - TE MANA TAKI HAUORA**

### **Philosophy**

To work with communities to improve health and remove barriers that limit wellbeing

### **Service Description**

A community based health promotion trust working in the Nelson and Tasman areas. We utilise a community action approach to health promotion, working strategically with the likes of other NGOs, councils and government agencies to assist them to develop solutions that will create lasting change and improve health. Health Action is a member of the Health Promotion Forum and Te Waipounamu Health Promotion Coalition.

### **The Health Action Trust supports five initiatives in the area of mental health:**

1. CAYAD (Community Action on Youth & Drugs)
2. Mental Health Promotion
3. Compass Advocacy Service (described separately under NGOs)
4. The White House (described separately under NGOs)
5. Kotuku (described separately under NGOs)

### **CAYAD (Community Action on Youth & Drugs)**

#### **Overarching Health Outcomes**

- Increased community ownership and capability to address drug related issues
- Reduced drug-related harm
- Improved health and wellbeing of New Zealanders

#### **CAYAD Outcomes (short to medium term)**

1. Increased informed community discussion and debate about issues related to illicit drugs;
2. Effective policies and practices to reduce harm adopted;
3. Increased local capacity to support young people in education, employment and recreation
4. Reduced supply of drugs to young people

A 2 year plan of the projects being undertaken to achieve the outcomes is available on request from Health Action. A reference group made up of key community stakeholders supports the work of Nelson Tasman CAYAD.

## **MENTAL HEALTH PROMOTION**

### **Goal**

To promote a social and physical environment that promotes mental health.

### **Our key tasks include:**

- Implementing health promotion campaigns/projects to boost community awareness of mental health and wellbeing issues and promote resiliency
- Advocating for and supporting the implementation of workplace mental wellness policies and practices
- Building the capacity of education providers by assisting them to lead and develop sustainable projects and interventions, based on community identified needs, to be delivered in education settings.
- Establishing community dialogue around mental health, mental illness and resiliency within identified high need rural communities in the Nelson Marlborough region
- Supporting and promoting initiatives, including National campaigns, which complement mental health promotion
- Facilitating relevant training as required to assist with the development of community initiatives in the area of mental health promotion and resiliency
- Facilitate appropriate community forums in which community dialogue can occur
- Working with other training providers to deliver mental health promotion training programmes to inform and educate other health professionals and interested parties

### **Location & contact details**

Health Action Trust

26 New St

PO Box 691

Nelson,

New Zealand.

Ph: +64 3 548 2798

Fax: +64 3 548 2795

website: [www.healthaction.org.nz](http://www.healthaction.org.nz)