

MENTAL HEALTH ATLAS 2020

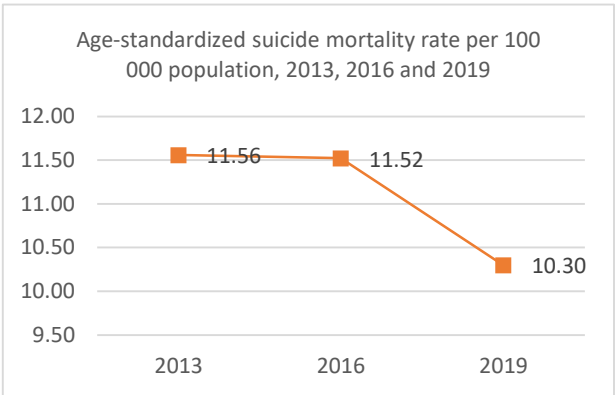
Member State Profile

[New Zealand]

Total population (UN official estimate): ¹	4 783 062	Income Group: ³	High
Total mental health expenditure per person (reported currency):	319.9 [New Zealand Dollars]	WHO Region:	WPRO

Burden of mental disorders (WHO official estimates)

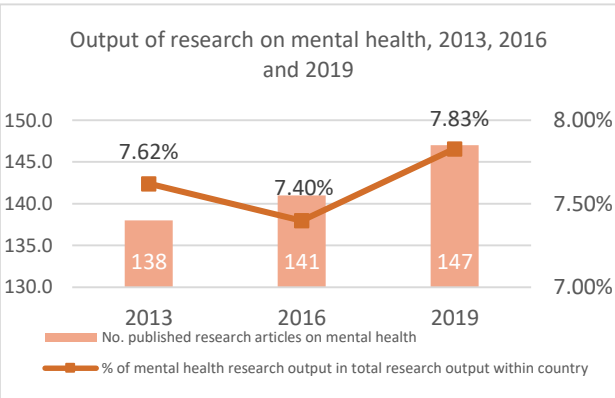
Disability-adjusted life years (per 100 000 population): ²	2 354.3
Age-standardized suicide mortality rate (per 100 000 population): ⁴	10.30



Mental health research and reporting

Availability / status of mental health reporting:	Mental Health specific data compiled in the last two years for public sector
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Number of published research articles on mental health ⁵	147
Percentage of mental health research output in total research output within country	7.83%
Percentage of mental health research output of the country in total mental health research output in the region	4.2%



MENTAL HEALTH SYSTEM GOVERNANCE

Mental health policy / plan		Mental health legislation	
Stand-alone policy or plan for mental health:	Yes	Stand-alone law for mental health:	Yes
(Year of policy / plan):	2019	(Year of law):	1992
Policy / plan is in line with human rights covenants (self-rated 5-points checklist score; 5 = fully in line) ⁶	5	Law is in line with human rights covenants (self-rated 5-points checklist score; 5 = fully in line) ⁷	5
Human resources are estimated and allocated for implementation of the mental health policy/plan	No	The existence of a dedicated authority or independent body to assess compliance of mental health legislation with international human rights	A dedicated authority undertakes regular inspections, responds to complaints, and reports its findings at least once a year
Financial resources are estimated and allocated for implementation of the mental health policy/plan	No		
The mental health policy / plan contains specified indicators or targets against which its implementation can be monitored	Indicators not available		

Child and/or adolescent mental health policy/plan

Stand-alone or integrated policy or plan for child mental health	Yes	Stand-alone or integrated policy or plan for adolescent mental health	Yes
(Year of child mental health policy / plan):	2019	(Year of adolescent mental health policy / plan):	2019

Suicide prevention strategy/policy/plan

Stand-alone or integrated strategy/policy/plan for suicide prevention	Yes	(Year of strategy/policy/plan)	2019
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RESOURCES FOR MENTAL HEALTH

Mental health financing			
The government's total expenditure on mental health as % of total government health expenditure	8.4%	The government's total expenditure on mental hospitals as % of total government mental health expenditure	-

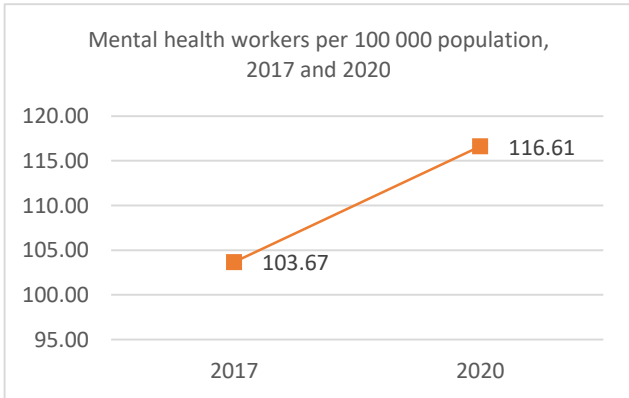
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Insurance for mental health			
How the majority of persons with mental health conditions pay for mental health services	-	How the majority of persons with mental health conditions pay for psychotropic medicines	-
The care and treatment of persons with mental health conditions (psychosis, bipolar disorder, depression) is included in national health insurance or reimbursement schemes in your country			-

Mental health workforce		
	Total Number (gov. and non gov.)	No. per 100 000 population
Psychiatrists	414	8.66
Mental health nurses	3 424	71.59
Psychologists	460	9.62
Social workers	711	14.87
Other specialized mental health workers (e.g. Occupational Therapists)	567	11.86
Total mental health professionals	5 578	116.61

Mental health workers per 100 000 population,
2017 and 2020



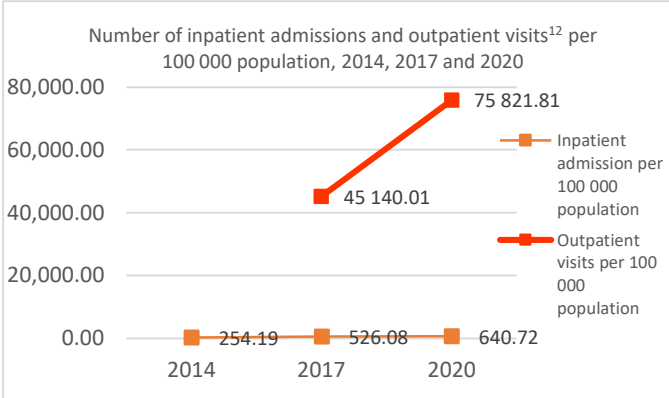
Year	Value
2017	103.67
2020	116.61

Mental health workers in child and/or adolescent mental health services:					
Child and/or adolescent psychiatrists	74	6.01	Total mental health workers in child and adolescent mental health services	1 005	81.07

MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE (Mental health services include care for mental health, neurological and substance use disorders)					
Integration of mental health into primary health care					
Integration of mental health into primary care is considered functional (self-rated 5 points checklist score; ≥ 4 = functional integration) ⁸				5	
Outpatient care (total facilities)		Outpatient care (visits per 100 000 population)			
Mental health outpatient facilities attached to a hospital	-	Number of visits made by service users in the last year in mental health outpatient facilities attached to a hospital	649.40		
"Community-based / non-hospital" mental health outpatient facility	-	Number of visits made by service users in the last year in "Community-based / non-hospital" mental health outpatient facility	75 172.41		
Other outpatient facility (e.g. Mental health day care or treatment facility)	-	Number of visits made by service users in the last year in other outpatient facility (e.g. Mental health day care or treatment facility)	-		
Total number of outpatient facilities specifically for children and adolescents	-	Number of visits made by service users in the last year in outpatient facility specifically for children and adolescents ⁹	61 649.08		
Inpatient care (total facilities)		Inpatient care (beds/admissions per 100 000 population)			
Mental hospitals	-	Mental hospital beds / annual admissions	- / -		
Psychiatric units in general hospitals	-	General hospital psychiatric unit beds / annual admissions	18.96 / 331.50		
Community residential facilities	-	Community residential beds / annual admissions	25.00 / 309.22		
Inpatient facilities specifically for children and adolescents	-	Child and adolescent specific inpatient beds / annual admissions ¹⁰	9.12 / 375.18		
Mental hospitals		Mental hospitals (length of stay)			
Total number of admissions	-	Inpatients staying less than 1 year	-		
Admissions that are involuntary	-	Inpatients staying 1-5 years	-		
Follow-up of people with mental health condition discharged from hospital in the last year (discharged persons seen within a month)	More than 75%	Inpatients staying more than 5 years	-		
		Percentage of inpatients staying less than 1 year in the total number of inpatients	-		
Inpatients receiving timely diagnosis, treatment and follow-up for physical health conditions(e.g. cancer, diabetes or TB)			-		
Community based mental health services ¹¹					
Total number of community based mental health facilities	-	Number of community-based mental health facilities per 100 000 population	-		
Treated prevalence of psychosis and by sex			Total cases	Male	Female
Treated cases of psychosis (inpatient and outpatient)			7 917	4 956	2 961

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MENTAL HEALTH PROMOTION AND PREVENTION

Existence of at least two functioning programmes (self-rated 3 points checklist score; ≥ 2 = functioning programme) ¹³			Yes	
Category of mental health promotion & prevention programme	Programme examples	Scope of programme	Programme management	Functionality of programme
Suicide prevention programme	LifeKeepers	National	NGO	Yes
Mental Health Awareness /Anti-stigma	Like Minds, Like Mine	National	NGO	Yes
Early Child Development	-	-	-	-
School based mental health prevention and promotion	Includes school-based health services	National	Jointly managed	Yes
Parental / Maternal mental health promotion and prevention	Includes Triple P	National	NGO	Yes
Work-related mental health prevention and promotion	Includes Health and Safety at Work Strategy	National	Government	Yes
Mental health and psychosocial component of disaster preparedness, disaster risk reduction	Includes COVID-19 mental health and wellbeing resources	National	Jointly managed	Yes

Endnotes

¹ UN, 2019. World Population Prospects. <https://population.un.org/wpp/>

² GBD, 2019. Global Health Estimates. <https://www.who.int/data/gho/data/themes/mortality-and-global-health-estimates/global-health-estimates-leading-causes-of-dalys>. Value represent DALY rate per 100,000 and for mental disorders only.

³ World Bank, 2019. Country classification. <https://datahelpdesk.worldbank.org/knowledgebase/topics/19280-country-classification>

⁴ WHO, 2019. Global Health Observatory. <http://www.who.int/gho/en/>. Suicide mortality rates are computed using standard categories, definitions and methods are reported to facilitate comparisons over time and between countries and may not be the same as official national estimates.

⁵ **Output of research on mental health:** The annual published research output in peer-reviewed and indexed journals is used as a proxy for the amount (and quality) of mental health research that is being conducted or is related to a given country.

⁶ **Policy/plan compliance with human rights instruments** self-rated 5 points checklist items: 1) Policy/plan promotes transition towards mental health services based in the community (including mental health care integrated into general hospitals and primary care); 2) Policy/plan pays explicit attention to respect of the rights of people with mental health conditions and psychosocial disabilities as well as at-risk populations; 3) Policy/plan promotes a full range of services and supports to enable people to live independently and be included in the community (including rehabilitation services, social services, educational, vocational and employment opportunities, housing services and supports, etc.); 4) Policy/plan promotes a recovery approach to mental health care, which emphasizes support for individuals to achieve their aspirations and goals, with mental health service users driving the development of their treatment and recovery plans; 5) Policy/plan promotes the participation of persons with mental health conditions and psychosocial disabilities in decision-making processes about issues affecting them (e.g. policies, laws, service reform, service delivery). (5 = fully in line)

⁷ **Law compliance with human rights instruments** self-rated 5 points checklist items: 1) Law promotes transition towards community-based mental health services (including mental health integrated into general hospitals and primary care); 2) Law promotes the rights of people with mental health conditions and psychosocial disabilities to exercise their legal capacity; 3) Law promotes alternatives to coercive practice; 4) Law provides for procedures to enable people with mental health conditions and psychosocial disabilities to protect their rights and file appeals and complaints to an independent legal body; 5) Law provides for regular inspections of human rights conditions in mental health facilities by an independent body (79% of responding countries). (5 = fully in line)

⁸ **Integration of mental health in primary care** self-rated 5 points checklist items: 1) guidelines for mental health integration into primary health care are available and adopted at the national level; 2) pharmacological interventions for mental health conditions are available and provided at the primary care level; 3) psychosocial interventions for mental health conditions are available and provided at the primary care level; 4) health workers at primary care level receive training on the management of mental health conditions; 5) mental health specialists are involved in the training and supervision of primary care professionals. (≥ 4 = functional integration)

⁹ **Child and adolescent specific annual visits** Includes data for hospital-based mental health outpatient services specifically for children and adolescents (e.g. services for developmental disabilities, child development monitoring), community-based mental health outpatient facility (e.g. community-based parenting support; home visits for children with developmental disabilities or psychosis), school-based mental health services(e.g. group-based psychosocial support for youth) and other outpatient services for children and adolescents (e.g. mental health day treatment facilities)

¹⁰ **Child and adolescent specific annual admissions** Includes data for mental health inpatient service specifically for children and adolescents (e.g. mental hospital and/or in general hospital) and mental health community residential facility (e.g. group housing for young people with psychosis, developmental disabilities)

¹¹ **Community-based mental health services** are defined as services that are provided in the community, outside a hospital setting. Data for this indicator include countries’ reported number of community-based outpatient facilities (e.g. community mental health centres), other outpatient services (e.g. day treatment facilities) and mental health community residential facilities for adults.

¹² **Number of outpatient visits** Data for this indicator include countries’ reported number of hospital-based mental health outpatient facility (e.g. mental and/or general hospitals), community-based outpatient facilities (e.g. community mental health centres) and other outpatient (e.g. day treatment facilities)

¹³ **Functional mental health promotion and prevention programmes** self-rated 3 points checklist items: 1) Dedicated financial & human resources; 2) A defined plan of implementation; and 3) Documented evidence of progress and/or impact. (≥ 2 = functioning programme)