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NZ working on post COVID-19 mental wellbeing

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The government invested an extra $15 million in mental wellbeing support through the COVID-19 response



The Ministry of Health in New Zealand welcomes the recommendations of a newly released report about the need for additional mental health and wellbeing support in the wake of COVID-19.Ã£â?¬â?¬

The report, Protecting and promoting mental wellbeing: beyond COVID-19, predicts an unprecedented or increased need from New Zealanders over the coming months for more mental health and wellbeing support and suggests a move to community-led solutions.

The government invested an extra $15 million in mental wellbeing support through the COVID-19 response that were focused on helping people maintain their mental wellbeing. These included a national multi media campaign focusing on the things we can all do to maintain our mental wellbeing, digital self-help tools like Melon, Mentemia and Staying on Track and boosting capacity for helpline services like Youthline's webchat.Ã£â?¬â?¬