



Me Haere Ngātahī Tātou

Shared Journeys, Voices of the Lived Experience Community

Ko wai tātou?

We are the Social Movement arm of Nōku te Ao. We work alongside lived experience leaders, Māori and Pasifika communities, and sector partners to challenge discrimination and create systems of inclusion.

Our mahi is grounded in:

- Te Tiriti o Waitangi
- Lived Experience Leadership
- Intersectionality
- Equity and Justice



Astley Nathan
Programme Manager



Nakisha Tau
Social Movement



Feliminia Taimani
Social Action Grants

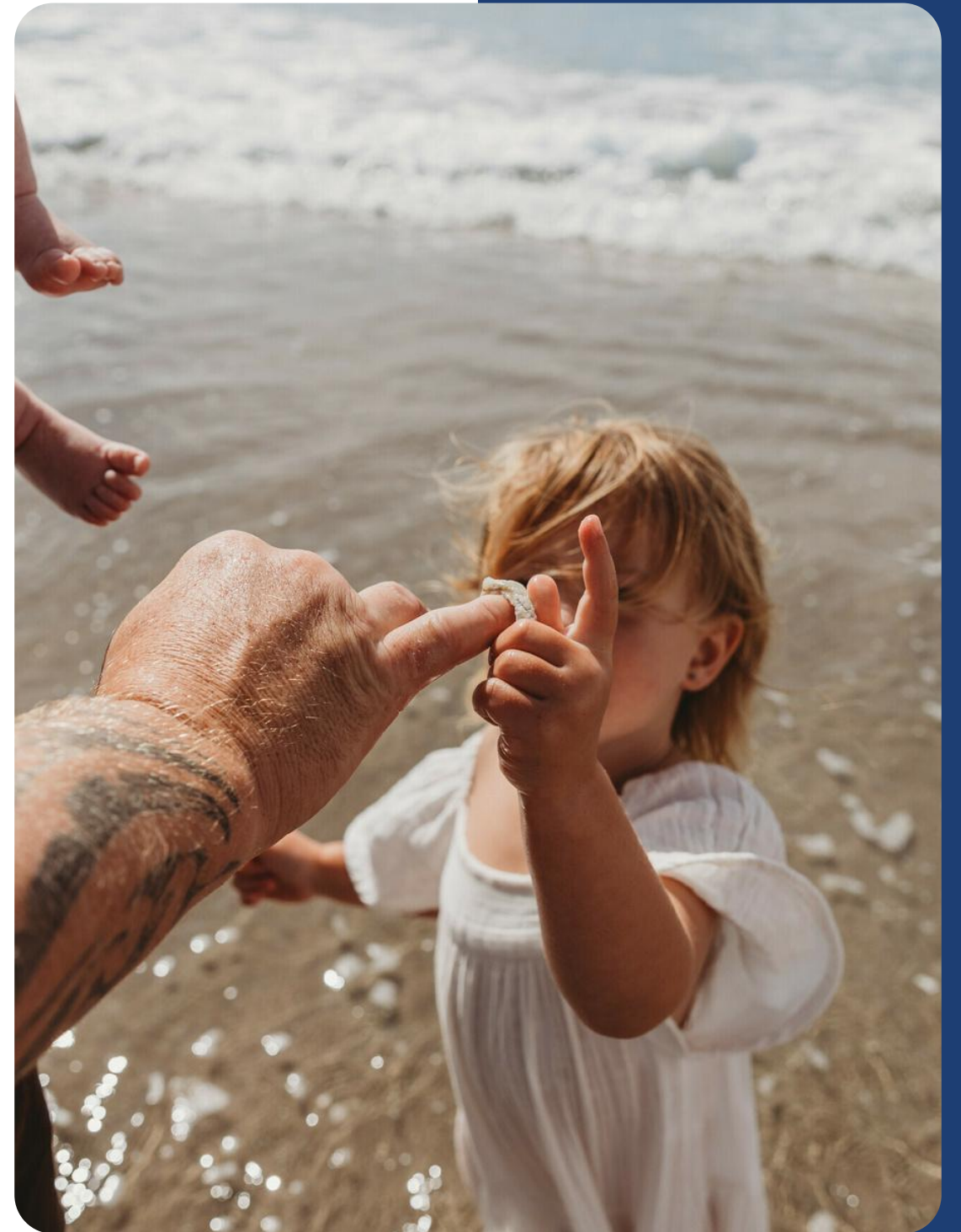


Tihana Babic
Communications

Why this kaupapa matters

Our kaupapa matters because this is not just a challenge for services, but for all of us as a society.

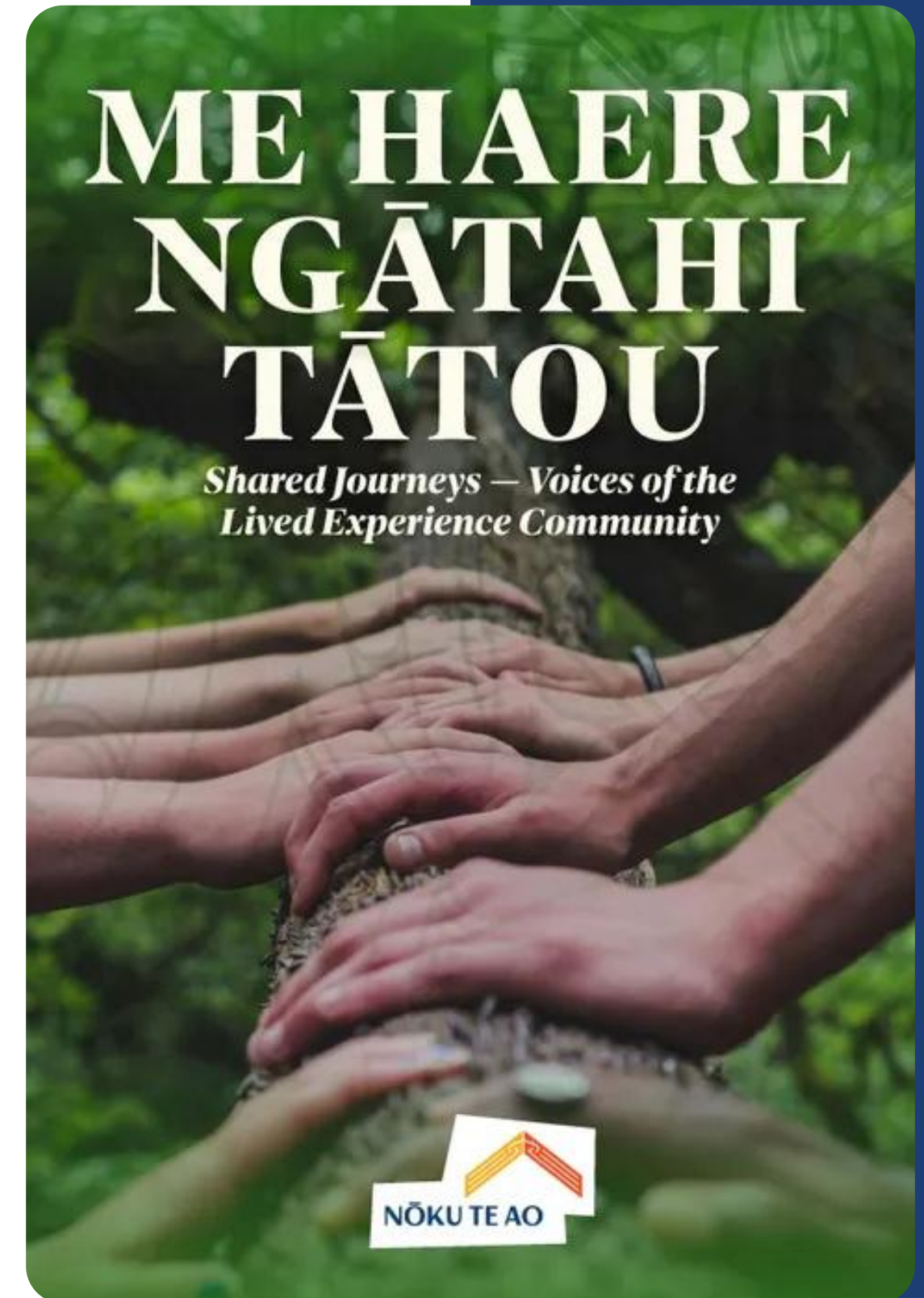
- 1 in 5 people in Aotearoa experience mental distress each year
- Discrimination stops people from seeking help or being safe in services
- Lived experience voices are often silenced, tokenised, or excluded
- Systems reflect colonial, racist, and ableist structures
- The burden of change is often placed on those most harmed
- We need healing environments grounded in whakapapa, manaakitanga, and equity
- This report is a call to action — not just for services, but for society



The Report

Me Haere Ngatahi Tātou is more than a report, it's a pathway laid by those most impacted by the system.

- ✓ Co-designed with lived experience leaders
- ✓ Anchored in mātauranga Māori
- ✓ Aims to reduce discrimination and shift power
- ✓ Focuses on equity, accountability, and healing



Key Insights



The voices captured in this report reveal painful truths, and patterns we can't ignore.

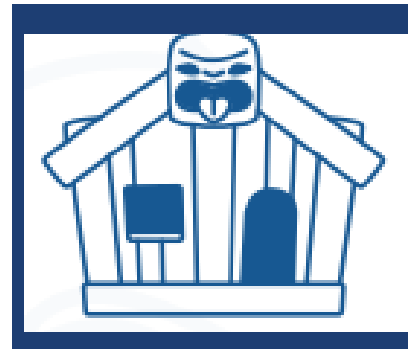
- Discrimination is structural, not just personal
- Lived experience is often sidelined
- Whānau-centred approaches are missing
- Racism and colonisation drive stigma

Recommendations 1-4



Implement the strategic priorities of the ‘Pae Tū: Hauora Māori’ Strategy

“The strategic priorities outlined in the ‘Pae Tū: Hauora Māori’ Strategy, emphasising community leadership, whole-of-government commitment, workforce growth, culturally safe healthcare, and accountability for Māori health must be implemented.”



Strengthen community support and inclusivity

“We recommend strengthening community support and inclusivity through initiatives promoting empathy, respect, and understanding, including establishing diverse support networks and culturally sensitive services.”



Advocate for systemic change in mental health services

“We urge collaboration between government agencies and advocacy groups to prioritise culturally appropriate care, community perspectives, and empowerment initiatives.”



Raise awareness, and challenge misconceptions

“Raising awareness and challenging misconceptions about mental distress can be achieved through open conversations, education, and empowering individuals with lived experience to share their stories.”

Recommendations 5-8



Promote culturally-embedded support systems

“This can be achieved by fostering partnerships across sectors, and embracing cultural practices to enhance accessibility and effectiveness.”



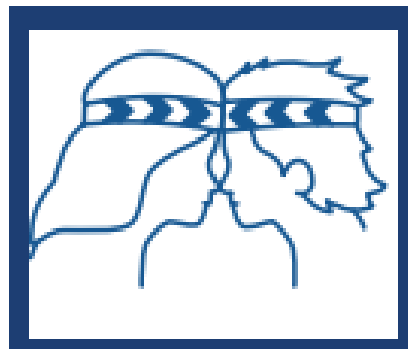
Amplify voices through dedicated platforms

“Māori and Pacific lived experience voices can be amplified through creating dedicated platforms, storytelling events, and community-led initiatives to challenge stigma and foster empowerment.”



Ensure accessible education and awareness resources are available

“These resources should be tailored to Māori and Pacific communities, and integrated into school curricula. Cultural tools such as traditional healing practices could also be provided.”



Strengthen partnerships with Māori and Pacific providers

“This will ensure culturally sensitive mental health care delivery; the integration of values and traditions into services; and the active involvement of Indigenous communities as partners in delivery.”

What this means for us

Workforce

As kaimahi, we have a responsibility to show up differently; with humility, courage, and structural awareness.

- From cultural competence → to structural competence
- From consultation → to true co-design
- From awareness → to equity-based action

The sector

The sector must stop treating equity as optional and start embedding it as core infrastructure.

- Fund Māori- and community-led solutions
- Embed Te Tiriti in strategy and policy
- Challenge institutional racism system-wide

Society

Stigma is cultural, not just clinical. This is everyone's responsibility.

- Stigma is a collective responsibility
- Equity means transforming systems, not fixing individuals
- Everyone has a role to build inclusive, mana-enhancing spaces

Ngā mihi

