

How newsrooms can make a difference

20%

In Aotearoa, 1 in 5 of us will experience some form of mental distress this year¹

2x

Māori and LGBTQIA+ people are almost twice as likely to experience mental distress²

1.5x

Pacific Peoples are 1.5 times more likely to experience mental distress³

When people are experiencing mental distress, one of the biggest challenges⁴ is prejudice and discrimination.

Journalists and editors can significantly influence how people treat tāngata whaiora living with mental distress. Media portrayal can generate fear, or facilitate curiosity, acceptance and understanding.

This can in turn shape the way tāngata whaiora are treated by their friends, whānau (family), neighbours and communities.

The stories you publish have the power to:

- change public misconceptions, myths and attitudes leading to less prejudice and discrimination
- support tāngata whaiora to safely share their stories and inspire others
- equip communities with language and tools to be inclusive and understanding towards friends and whānau when they're experiencing mental distress
- increase public understanding of the lived experience of tāngata whaiora
- promote hope and recovery encourage people to seek help

³ www.nokuteao.org.nz/assets/files/Prejudice-and-discrimination-media-reporting.pdf

⁴ www.nokuteao.org.nz/kete-matauranga/noku-te-ao-sovereignty-of-the-maori-mind/

⁵ https://healthnz.figshare.com/articles/online_resource/Te_Kaveinga_Mental_health_and_wellbeing_of_Pacific_peoples_Results_from_the_New_Zealand_Mental_Health_Monitor_Health_and_Lifestyles_Survey/26536384

⁶ www.nokuteao.org.nz/kete-matauranga/noku-te-ao-sovereignty-of-the-maori-mind/

