How work impacts mental health


The business case for wellbeing


Positive work environments

Mental Health Foundation of New Zealand (2016). *Working Well: A workplace guide to mental health*. Auckland, New Zealand: Mental Health Foundation of New Zealand.

Understanding mental health and wellbeing (Taha hinengaro)


Mental Health Foundation of New Zealand (2004). *Mind your health: How to promote mental health and wellbeing*. Auckland, New Zealand: Mental Health Foundation of New Zealand.

NB: We have added the dimension taha whenua to Mason Durie’s Te Whare Tapa Whā model, to explicitly acknowledge the inter-relationship of whenua as the foundation for a whare, and the importance of that inter-relationship in Te Ao Māori.