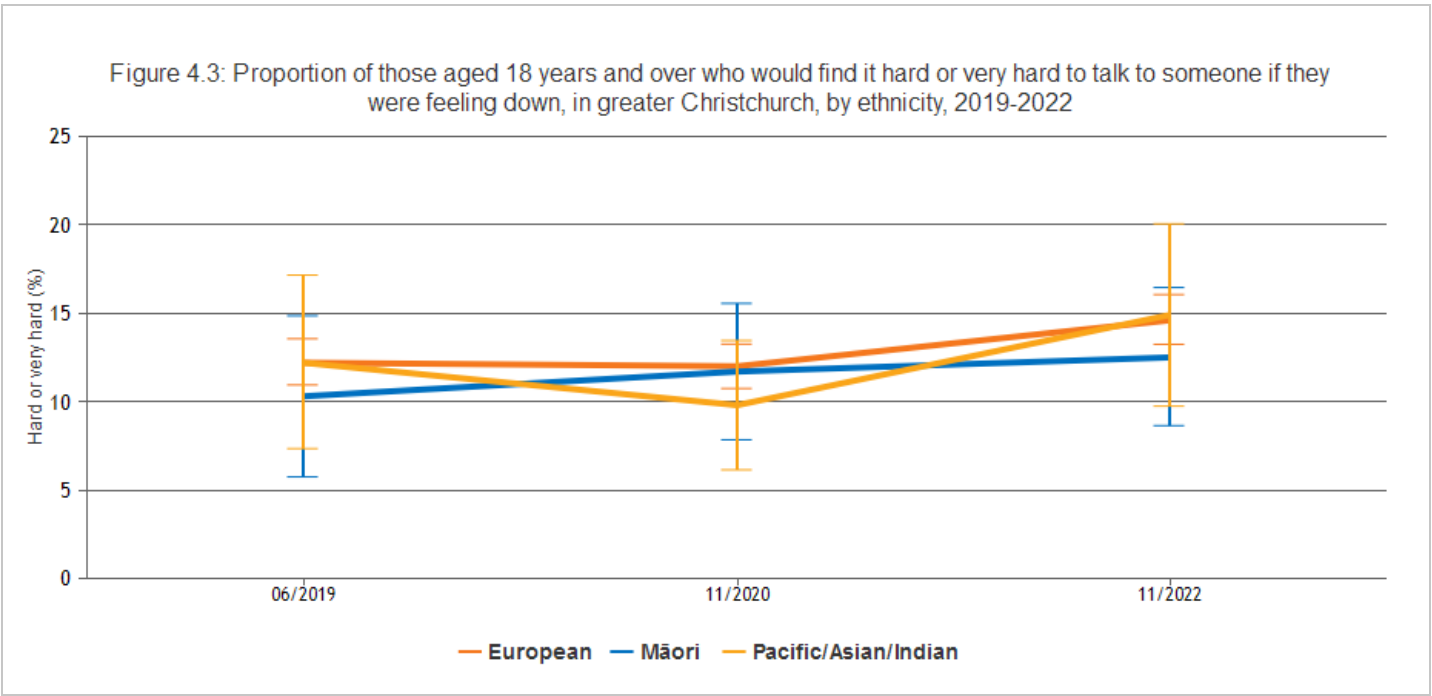


# Emotional support: Breakdown by ethnicity

Downloaded from <https://www.canterburywellbeing.org.nz/our-wellbeing/social-capital/emotional-support/#link-breakdown-by-ethnicity> on 20/05/2024 10:07 AM



The figure shows the proportion of those aged 18 years and over who would find it hard or very hard to talk to someone if they were feeling down, in greater Christchurch, by ethnicity, in 2019, 2020, and 2022. The figure shows similar levels of emotional support (the proportion who would find it hard or very hard to talk to someone if they were feeling down) for European, Māori, and Pacific/Asian/Indian respondents (14.6%, 12.5%, and 14.9%, respectively, in 2022).

## Data Sources for Emotional support

**Source:** Te Whatu Ora Waitaha Canterbury - formerly the Canterbury District Health Board.  
**Survey/data set:** Canterbury Wellbeing Survey 2022. Access publicly available data from Te Mana Ora | Community and Public Health website [www.cph.co.nz/your-health/wellbeing-survey/](http://www.cph.co.nz/your-health/wellbeing-survey/)  
**Source data frequency:** Annually.

Metadata for the Emotional support indicator is available at <https://www.canterburywellbeing.org.nz/index-data>

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