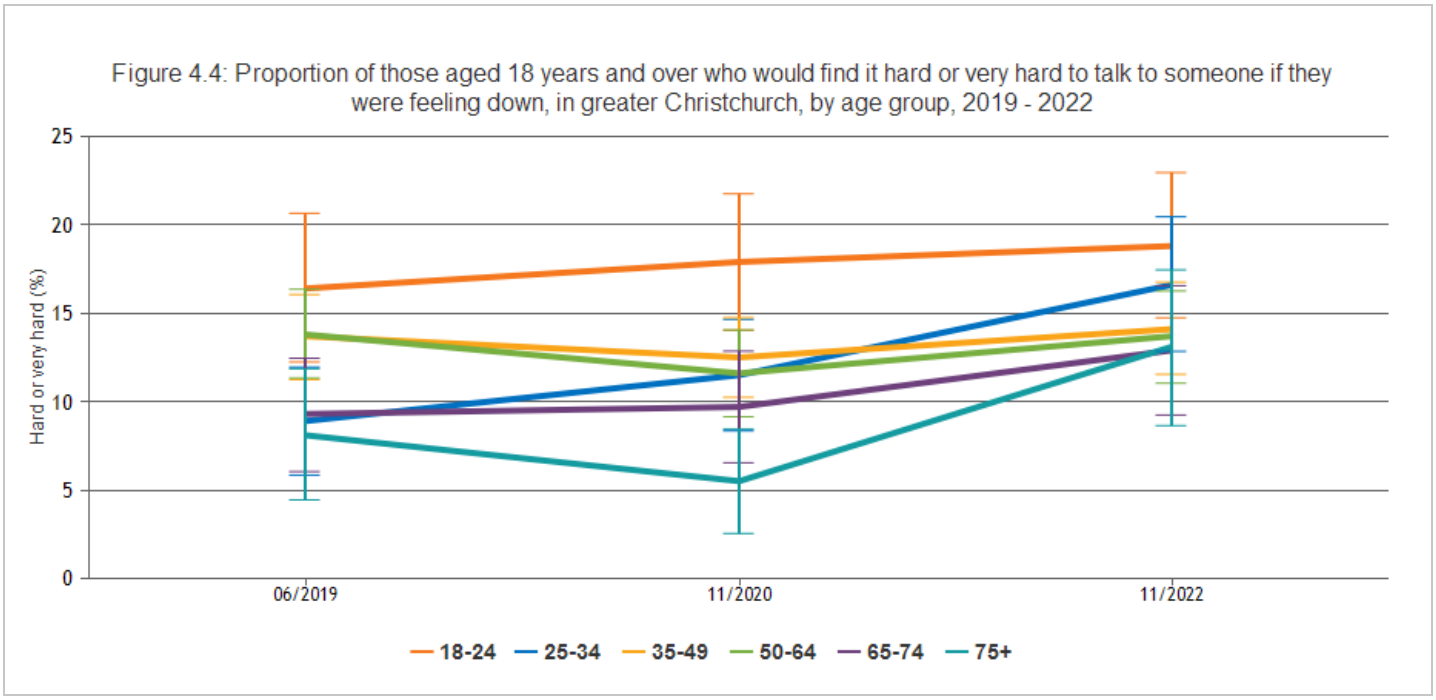
Emotional support: Breakdown by age

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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, for greater Christchurch, by age group, in 2019, 2020, and 2022. The figure shows a clear picture of greater difficulty accessing emotional support for young people aged 18 to 24 (a statistically significantly higher proportion reporting that they would find it hard or very hard to talk to someone if they were feeling down, compared with the 65-74 years and 75 years and over age groups: 17.9%, 9.7%, and 5.5%, respectively, in 2020, with some convergence to non-significant differences in 2022). The data suggest that access to emotional support may generally improve over the life course (i.e., an age gradient: 18–24 years, 18.8%; 25–34 years, 16.6%; 35–49 years, 14.1%; 50–64 years, 13.7%; 65-74 years, 12.9%, and 75 years+,13.1% 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/
Source data frequency: Annually.

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

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