Awareness of places to get help for anxiety and depression
Results from the 2018 New Zealand Mental Health Monitor

When asked what places are you aware of to get help for anxiety or depression, the top 5 mentioned places were:

1. **Doctor** - 69%
2. **Family, friend or whānau member** - 57%
3. **Other health professional** - 48%
4. **Helpline** - 28%
5. **Depression/lowdown or other website** - 24%

**Less than 1/2**

- Of Pasifika mentioned seeing a doctor as a place to get help for anxiety or depression and only 36% mentioned some other type of health professional, both significantly less than that of non-Pasifika.

- Pasifika were less likely⁴ to cite thelowdown.co.nz, depression.org.nz or another specific website as a place to get help than non-Pasifika.

**Talk to a friend, or family/whānau member**

Those 35+ were **more likely²** than 15 to 24-year-olds to mention seeing a doctor as a place to get help for anxiety or depression after controlling for gender and ethnicity.

Those 15 to 24-year-olds were **more likely³** than all other age groups to mention talking to a friend, or family/whānau member as a place to get help for anxiety or depression after controlling for gender and ethnicity.

15 to 24-year-olds were **more likely⁴** than any other age group, as a place to get help with anxiety or depression after controlling for gender and ethnicity.

Notes:
1. RR(Pasifika) = 0.71, t=−3.68, p < .001
2. RR(35-44) = 1.36, t=2.17, p=0.031; RR(45-54) = 1.61, t=2.92, p=0.004; RR(55+) = 1.61, t=3.89, p < .001
3. RR(25-34) = 0.77, t=−3.52, p=0.001; RR(35-44) = 0.70, t=−4.10, p=0.001; RR(45-54) = 0.66, t=−4.61, p=0.001; RR(55+) = 0.57, t=−7.74, p < .001
4. RR(25-34) = 0.63, t=−2.44, p=0.016; RR(35-44) = 0.67, t=−2.31, p=0.022; RR(45-54) = 0.59, t=−2.83, p=0.005; RR(55+) = 0.39, t=−5.53, p<0.001

Data is from the Mental Health Monitor (2018) with a total sample size of n=1296. Analyses were done in STATA 15.0 with significance tests performed using GLM.