

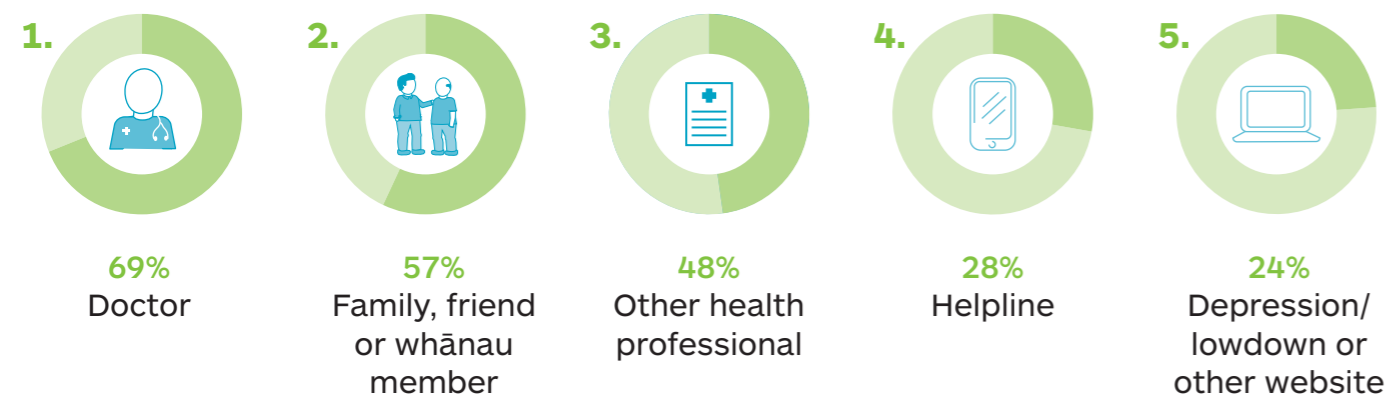
# Awareness of places to get help for anxiety and depression

Results from the 2018 New Zealand Mental Health Monitor

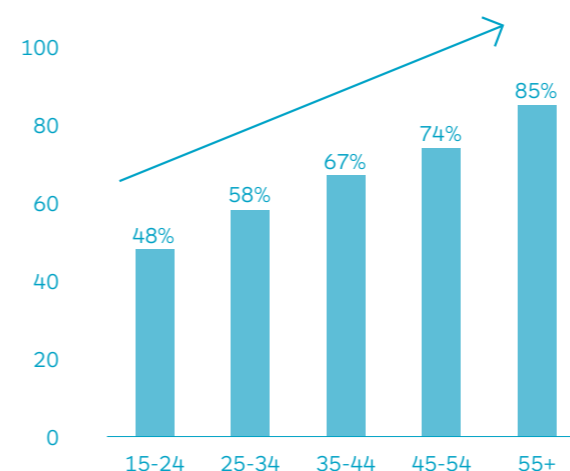
15+



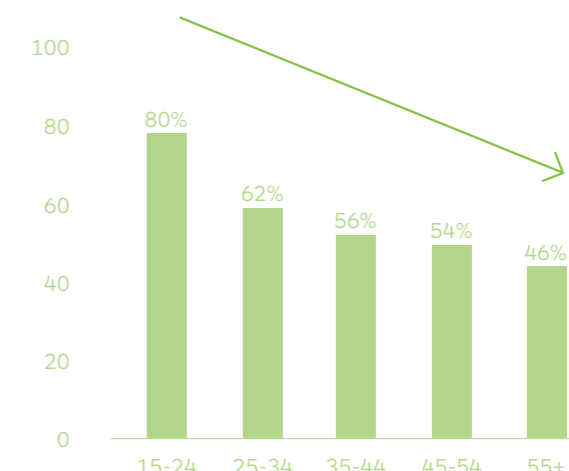
When asked what places are you aware of to get help for anxiety or depression, the top 5 mentioned places were:



See a doctor



Talk to a friend, or family/whānau member



## 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.

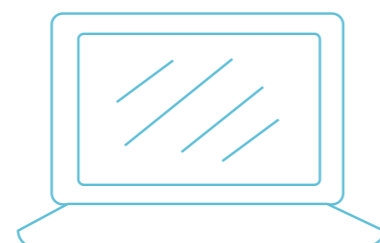


Those 35+ were **more likely**<sup>2</sup> than 15 to 24-year-olds to mention seeing a doctor as a place to get help for anxiety or depression after controlling for gender and ethnicity.

15 to 24-year-olds were **more likely**<sup>3</sup> 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.

## Pasifika were less likely<sup>1</sup>

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



15 to 24-year-olds were **more likely**<sup>4</sup> to be aware of telephone helplines, 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=.031; RR(45-54) = 1.46, t=2.92, p=.004; RR(55+) = 1.61, t=3.89, p<.001  
 3. RR(25-34) = 0.77, t=-3.52, p=.001; RR(35-44) = 0.70, t=-4.10, p<.001; RR(45-54) = 0.66, t=-4.61, p<.001; RR(55+) = 0.57, t=-7.74, p<.001  
 4. RR(25-34) = 0.63, t=-2.44, p=.016; RR(35-44) = 0.67, t=-2.31, p=.022; RR(45-54) = 0.59, t=-2.83, p=.005; RR(55+) = 0.39, t=-5.53, p<.001