

Te Kaveinga Mental health and wellbeing of Pacific peoples

All Pacific People

75% easy to find 81% someone to help felt strongly connected in times of need 94% to their culture could always rely **60**% on a friend, family 82% never felt isolated or whānau member from others in last felt it's important for support 4 weeks to maintain strong connection to culture 88% felt their family was doing well report no or reported satisfied low levels of sfaction meaning with their lives psychological 84% Psychological distress felt what they is more prevalent in do is worthwhile Pacific young people and older adults Help-se **76**% 86% knew where to go for help agreed or strongly 85% with anxiety agreed that they were able to cope with knew where everyday stresses to go for help would first seek with depression help by talking to a friend, family or whānau member told us last 12 months would first seek for anxiety were the most difficult help by talking to in their life 2015 & 2016 Mental Health Monitor, and a friend, family or

whānau member

for depression



2016 Health and Lifestyles Survey (HPA)

Respondents aged 15+ & Pooled data set

For the full report go to https://www.hpa.org.nz/

research-library and search for Te Kaveinga

provided 1,279 Pacific respondents

70%

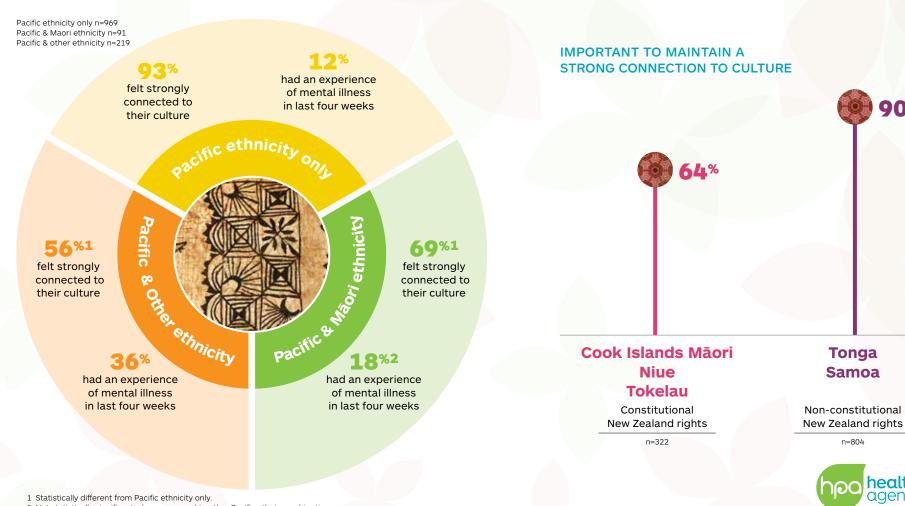
distress



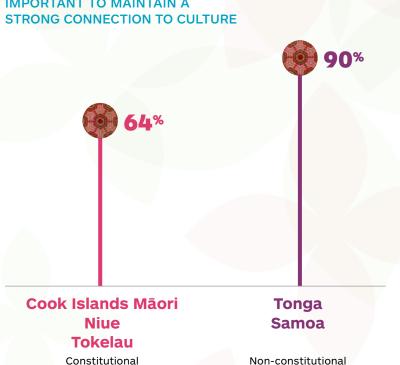
Te Kaveinga

Mental health and wellbeing of Pacific peoples

Pacific diversity and constitutional rights



² Not statistically significant when compared to other Pacific ethnic combinations



n=804

health promotion agency

TE HIRINGA HAUORA