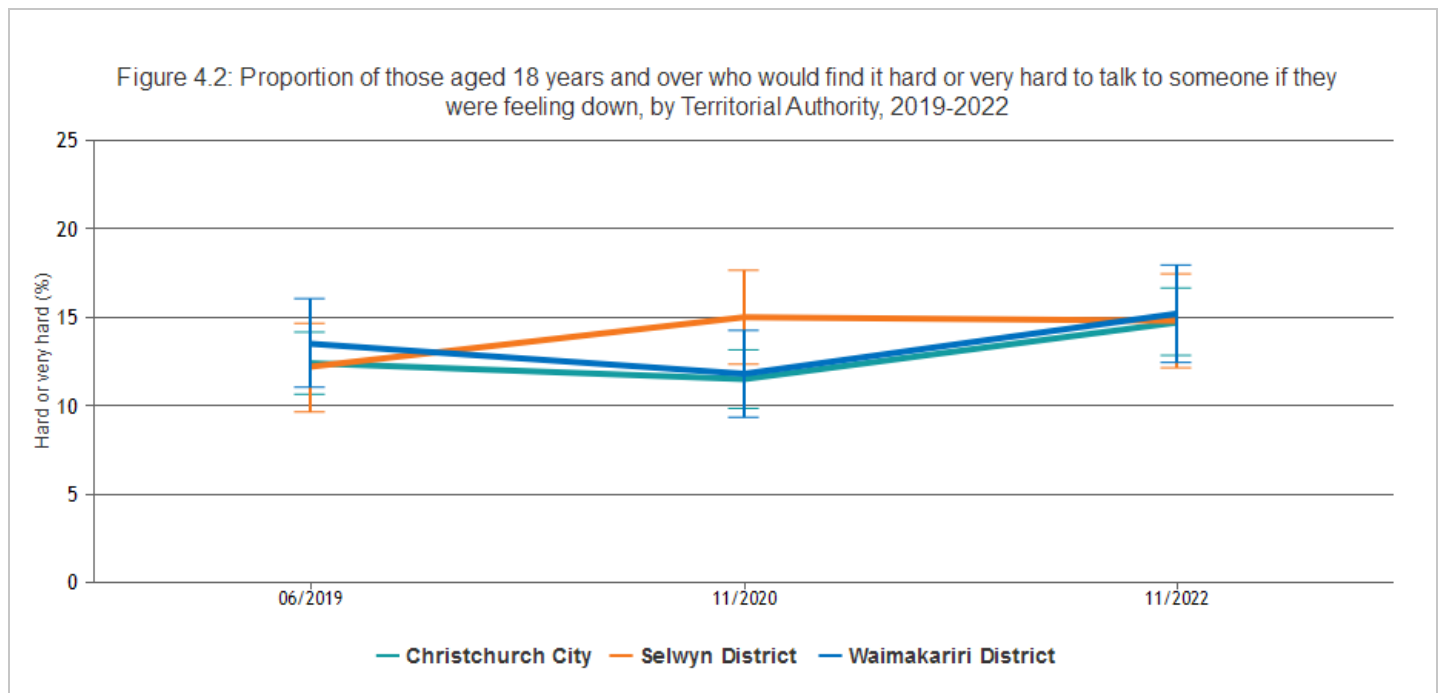


# Emotional support: Breakdown by Territorial Authority

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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 Christchurch City, Selwyn District, and Waimakariri District, as reported in the 2019, 2020, and 2022 Canterbury Wellbeing Surveys (14.7%, 14.8%, and 15.2%, respectively, in 2022). The figure shows that the proportion of those in Selwyn District aged 18 years and over who would find it hard or very hard to talk to someone if they were feeling down has increased from 12.2 percent in 2019 to 15 percent in 2020, and the 2022 result for Selwyn District is now similar to the other two Territorial Authorities (no statistically significant differences between the Territorial Authorities across the time series).

## 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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