

# ALL SORTS

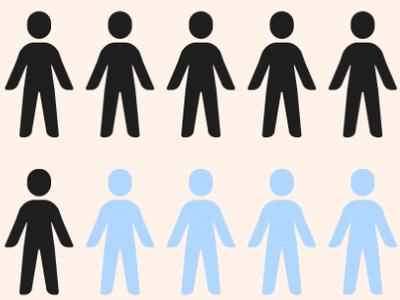
## How are people doing after Cyclone Gabrielle and other extreme weather events of 2023?

1,524 people from Northland, Auckland, Coromandel, Hawke's Bay, Gisborne, Tararua, and Wairarapa took part in the survey.



To download the full research reports, visit: [mentalhealth.org.nz](https://www.mentalhealth.org.nz)

### 6 in 10



reported a direct negative impact from the weather events



### 52.5/100

average wellbeing score\*



\*WHO-5 Wellbeing Index, n=1524

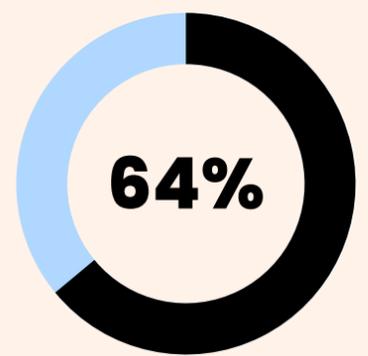


### 7 in 10

people who weren't directly affected still felt extra stress, like feeling sad for others or dealing with a changed environment



### Lower wellbeing on average reported in Wairoa, Northland, and among young adults



feel better prepared as a result of the weather events

“When cut off, meeting together at the river for supplies, having a BBQ and connecting. Helping each other. Getting to know each other more.”

- Survey participant on how their community helped them through



### Personal and community networks



reported as a crucial source of strength, practical help, and coping

# #1

the number one thing people said would help their wellbeing: **more community events and activities**