



Who is carrying out the survey?

CBG Health Research Ltd, an independent New Zealand research company, is carrying out the survey for the Health Promotion Agency (HPA).

This survey has been approved by the New Zealand Ethics Committee.

When we visit

If you are out when we visit, we would still like to interview someone in your household for this survey.

Our interviewer will visit again shortly to arrange a time that suits you. If you prefer, you can call the survey helpline on **0800 478 783** or email **info@cbg.co.nz** to arrange a time that suits you. Alternatively, **txt 'SURVEY' + your name + address to 875** and a representative will call you to arrange a time (txts cost 20c).

Your rights...

If you have any questions about your rights as a participant in this survey you can contact an independent health and disability advocate for free advice. Telephone **0800 555 050** or email **advocacy@hdc.org.nz**

More information

If you want to know more about this survey, please call CBG Health Research on **0800 478 783** or visit HPA's website at **hpa.org.nz**

We appreciate your help.

The Health Promotion Agency is a Crown Entity that leads and delivers innovative, high quality and cost-effective programmes and activities that promote health, wellbeing and healthy lifestyles and prevent disease, illness and injury. The Health Promotion Agency also enables environments that support health and wellbeing and healthy lifestyles and reduce personal, social and economic harm.

For more information visit **hpa.org.nz**

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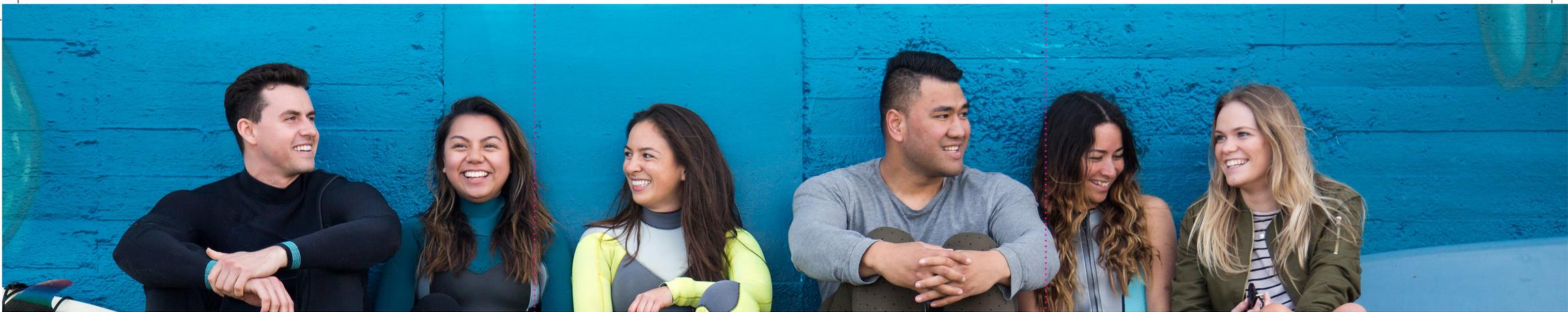


Improve New Zealanders' mental health

Take part in the **2018 New Zealand Mental Health and Wellbeing Survey**

A nationwide survey for the
Health Promotion Agency





What is the New Zealand Mental Health and Wellbeing Survey?

This survey is about New Zealanders' views and experiences relating to mental health. This is the third time the New Zealand Mental Health Survey will be run, but we plan to conduct it every year for at least the next two years.

Why should I take part?

Your views and experiences are important, even if you have not experienced mental distress or don't know anyone who does. Your answers will help identify any changes in people's views and experiences since the last survey in 2016.

This survey is voluntary, however we really appreciate your participation

How are people chosen to take part?

Addresses from throughout New Zealand are randomly selected. One person (aged 15-years-and-over) from your household will be chosen at random by the interviewer and asked to take part in the survey.

About 1,300 people will take part in this survey.

Where and when will I be interviewed?

In your own home, by an interviewer wearing photo identification. If you are busy when the interviewer visits, please ask them to come back at a day and time that suits you.

What sort of questions will I be asked?

You will be asked questions on different topics related to mental health and wellbeing. If you don't want to answer a question, you don't have to; just tell the interviewer.

How long will it take?

The interview will take about 30 minutes. The interviewer will be happy to arrange a day and time that suits you.

Can I have an interpreter?

Yes, if you would like an interpreter for any language, including New Zealand Sign Language, please let your interviewer know or call the free survey information line on **0800 478 783**.

What happens to my answers?

Your information will always be kept confidential and is protected by the Privacy Act 1993. This means the interviewer will not disclose your personal information with anyone else, and no-one will know that you have taken part in this survey. No person's name or address is connected to the answers they give. Everyone's answers will be grouped to report on the survey results.

What will the information be used for?

The information collected from the survey will be used by HPA to:

- develop advice and information about mental health and wellbeing
- find practical ways to help New Zealanders better understand issues relating to mental health and wellbeing.

Can I find out about the results from the survey?

Some of the results from the survey will be available by the end of 2018 on HPA's website at **hpa.org.nz**.

Thank you for your time.