

# Supporting communities post-quake in the Hurunui and Kaikōura districts

**Natural disasters such as earthquakes can have a major impact on people's mental health – as anyone who has lived in Ōtautahi over the last seven years will know.**

All Right? was launched to support the mental health of Cantabrians as the region recovered from the earthquakes. Last year All Right? began working in Hurunui and Kaikōura on a range of initiatives designed to help these communities become more aware of their wellbeing and ways to improve it. All Right? has appointed Rachel Vaughan in Kaikōura and Leanne Bayler in Hurunui to support this work.

Both regions have been through a lot – not just the shaking but also:

- the isolation caused by the damage to rail and road;
- the impact of the quakes on the land; and
- the damage to the seabed and kai moana for Kaikōura.

Then there's also the ongoing drought and the impacts of ex-cyclone Gita – it's been a tough time!

While nobody can control the environment or how long it's going to take to get back to 'normal' – it's possible to do the things that help us look after ourselves.

Late last year All Right? launched Kaikōura Views: a project that shares where 15 Kaikōura locals are at when it comes to their recovery. Sharing their stories and perspectives helps people know that other people are feeling just like they are – because you are not alone no matter how you feel.

[Find out more about Kaikōura Views on the All Right? website.](#)

## Research on wellbeing in Kaikōura and Hurunui

This month All Right? started from research to 'take the pulse' of people in Kaikōura and Hurunui. The results will provide a snapshot of where people are at when it comes to:

- their wellbeing;
- what stressors they are facing; and
- identifying the types of support they need to look after each other.

The results of the research will be released in May 2018.

**Remember it's all right to reach out for extra support if you've been affected by the quakes.** You are not alone and help is available. Just call 0800 777 846.

