

Kowheori-19 Ngā Pūrongo ki Ngā Tukinga

COVID-19 insights series

Te Hiringa Mahara - Mental Health and Wellbeing Commission has produced eight short reports during 2022 and 2023 to add our collective understanding of the wellbeing impacts of the pandemic and to provide key insights on wellbeing areas or populations of focus.

Wellbeing impacts of the COVID-19 pandemic

This eighth (and final) report draws on the previous seven reports in the COVID-19 series, and wider research to highlight the wellbeing impacts of the pandemic, and to learn from them.

[Find out more about Wellbeing impacts of the COVID-19 pandemic](#)

Pacific connectedness and wellbeing in the pandemic

This report looks at the impact of the COVID-19 pandemic on the wellbeing of Pacific peoples in Aotearoa New Zealand and shows how Pacific peoples' connection – to family, community, culture and faith – has been a key source of strength and resilience in the pandemic.

[Find out more about Pacific connectedness and wellbeing in the pandemic](#)

Exercising rangatiratanga during the COVID-19 pandemic

This report elevates how rangatiratanga was exercised throughout the pandemic. It shows that Māori have always had the knowledge and skills to support the wellbeing of their whānau and communities.