



Health Navigator New Zealand Website: COVID-19 mental wellness support

A series of resources for people in Tāmaki Makaurau during the COVID pandemic and beyond.

Video transcript: Pacific wellbeing support

Audio	Visual
<p>[Background music plays throughout the video]</p> <p>[Fa’aulu is the speaker throughout the video]</p>	
<p>Tālofa lava. My name is Fa’aulu Tomuli-Afoa.</p> <p>I live in South Auckland. I am a mother, a wife and I care for my 70-year-old mum.</p>	<p>Fa’aulu stands in a garden. She is wearing glasses, earrings, a red top, and a dark blue jacket.</p>
<p>Mental health isn’t a topic that a lot of Pacific talks about. It's not really in our families and it's not a topic that comes up in conversation.</p>	<p>The scene continues, and the camera zooms in for a more close-up view of Fa’aulu, then zooms out for a wider view of Fa’aulu.</p>
<p>I guess our lives are a little bit different. Like we see our lives as holistic, so everything is sort of together.</p> <p>And so we tend to rely on families and communities for support, and particularly physical support.</p>	<p>The scene continues, and the camera zooms in for a more close-up view of Fa’aulu.</p> <p>The camera zooms out for a wider view of Fa’aulu, and then zooms in for a more close-up view of Fa’aulu.</p>

Audio	Visual
<p>But when it comes to actually talking about things that you may be going through and things that we term mental health, we tend to avoid it because it's not a really sort of a label or a word that we use, because it's got that negative connotation to it.</p>	<p>The scene continues.</p> <p>The camera zooms out for a wider view of Fa'aulu, then zooms in for a more close-up view of Fa'aulu.</p>
<p>And so it's really important for us to sort of talk about it, talk about the support that's available, talk about it in our families and make it like common conversations even in our communities.</p>	<p>The camera zooms out for a wider view of Fa'aulu.</p>
<p>So COVID obviously highlighted a lot of the issues that were in the Pacific communities, especially around food support, housing support and just general support for people.</p>	<p>The camera zooms in for a more close-up view of Fa'aulu, then zooms out for a wider view of Fa'aulu.</p>
<p>And communities such as faith communities, social services, we tended to band together and were able to sort of help each other and sort of reach out and connect to those that needed the help the most.</p>	<p>The camera zooms in for a more close-up view of Fa'aulu, then zooms out for a wider view of Fa'aulu.</p>
<p>So when we talk about providing mental health for Pacific, if we involve all those sort of things together, there'd definitely be an area that Pacific can connect to it.</p>	<p>The camera zooms in for a more close-up view of Fa'aulu, then zooms out for a wider view of Fa'aulu.</p> <p>Then the camera zooms in for another close-up view of Fa'aulu.</p>
<p>And also accept the support that general health provides, like through providers such as Le Va and through the different social services that are available through South Seas Healthcare, Vaka Tautua.</p>	<p>The scene continues. The camera zooms out for a wider view of Fa'aulu, then zooms in for a more close-up view of Fa'aulu.</p>

Audio	Visual
<p>When we connect with those services because they're Pacific people, it makes them a little bit easier for Pacific communities and families to connect in.</p>	<p>The scene continues. The camera zooms out for a wider view of Fa'aulu.</p>
<p>And showing that that support is for everybody, and that if we don't access that support and use the support, it could go away.</p> <p>And that would make things even worse for our communities.</p>	<p>The camera zooms in for a more close-up view of Fa'aulu.</p>
<p>[Background music]</p>	<p>Credits are shown:</p> <ul style="list-style-type: none"> • Te Whatu Ora Health New Zealand logo • Health Navigator New Zealand logo