



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: Living alone during the COVID-19 pandemic

| Audio | Visual |
|--|---|
| <p>[Background music plays throughout the video]</p> <p>[JD is the speaker throughout the video]</p> | |
| <p>My name is JD and I'm from South Auckland, Papatoetoe.</p> | <p>JD sits on a sofa, with a brightly patterned blanket behind him. He wears a cap, eyeglasses, a tee and a long sleeved jacket.</p> |
| <p>During lockdown and living on my own, the challenges have been the fact that you are alone.</p> <p>You almost feel like you're under house arrest and the anxiety. That's what I was certainly feeling. It triggered a lot of my anxiety.</p> | <p>The scene continues, with JD chatting on the sofa.</p> <p>Then we see JD standing outside, looking thoughtful.</p> <p>And then JD is back on the sofa, chatting.</p> <p>And then we see JD standing outside again, looking thoughtful.</p> |

| Audio | Visual |
|---|--|
| <p>And then I lost my job. And I would never have thought that in a million years that would happen to me. And I've been with the same organisation about 25 years.</p> <p>Applying for jobs during lockdown was helpful, but when you got rejected, it sort of made you feel a little bit more unstable, if you like.</p> | <p>The scene continues, with JD chatting on the sofa.</p> |
| <p>It never crossed my mind that there was help out there, even during lockdown. I just didn't, I just didn't think that there was anywhere that I could go to or anyone I could go to for any help.</p> | <p>JD stands outside, taking a photograph.</p> <p>The scene continues, with JD chatting on the sofa.</p> |
| <p>I had only just begun before lockdown, doing amateur photography. And so I used that opportunity when I could go out to take photos.</p> <p>There's a social network site on Facebook, which was called Outside My Bedroom Window. I didn't have the luxury of having nice scenery, but I did take a photo of my neighbour's chimney in the evening.</p> | <p>JD stands outside, taking a photograph of a plant.</p> <p>The scene continues, with JD chatting on the sofa.</p> <p>JD stands outside, taking a photograph. There is a wrought iron fence to his side.</p> <p>We see the photo JD took during lockdown – a moody twilight sky with a crescent moon, and the shadowy outline of his neighbour's chimney.</p> <p>The scene continues, with JD chatting on the sofa.</p> |

| Audio | Visual |
|---|--|
| <p>I've always enjoyed baking, so that kept me sane, I have to say, during the lockdown period.</p> <p>Now that I'm working again, and now that I'm working in health and social services, it has really highlighted for me how vulnerable other people and families have been as a result of COVID and post COVID.</p> | <p>JD pulls a tray of scones and other baked goods out of the oven.</p> <p>He sits in an armchair and serves a scone on a plate. A woman sitting across from him on a sofa takes the plate and smiles.</p> <p>The scene continues, with JD chatting on the sofa.</p> |
| <p>And in my role as a community connector, that's my job to help others find them the services, because there are people in our communities who still need that help.</p> | <p>The scene continues, with JD chatting on the sofa.</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 |