

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 animation transcript: COVID-19: Easing money worries

[Introduction]

Audio	Visual
[Background music plays throughout the video]	
[Narrator] Times are tough. Many of us are finding it hard to pay the bills and enjoy life like we used to.	<p>On a white background, a title is displayed: COVID-19: Easing money worries</p> <p>The title fades and we see a man (Aleki), who is sitting in a chair using a calculator.</p>
[Narrator] COVID's really knocked us about and work's been disrupted.	A woman (Ngaire, who is Aleki's partner), stands looking at a calendar with a date circled in red and the note "WOF due".
<p>[Aleki] I haven't had any work shifts this week, love.</p> <p>[Ngaire] That's not good news when we've got mum's birthday party coming up.</p>	Ngaire and Aleki are in the kitchen. Aleki looks at his phone, and Ngaire makes a cup of tea.

[Resources that can help]

<p>[Narrator] When you're struggling with the basics, it's really hard to stay positive but there is help at hand.</p>	<p>Ngaire, Aleki and Bill (Ngaire's father) are in the garden. Ngaire holds a piece of paper with the title "Rates notice".</p>
<p>[Narrator] The COVID-19 welfare phone line is a good place to start – and it's free.</p>	<p>On a blue background, a red telephone appears.</p> <p>White text appears: COVID-19 Welfare line 0800 512 337</p>
<p>[Narrator] There's help and info for everyone, on things like benefits, financial support to find work, and loads more.</p>	<p>Ngaire stands at home. There are family photos on the wall behind her.</p> <p>She's talking on her mobile phone and smiling.</p>
<p>[Narrator] Work and Income New Zealand have a couple of payment schemes specifically for COVID relief, and Auckland City Council can help out with rates payments.</p>	<p>On a yellow background, a laptop computer screen appears. It shows the Work and Income New Zealand website.</p> <p>Above the laptop, there's black text: workandincome.govt.nz/covid-19</p> <p>The laptop screen changes – to show the Auckland Council website.</p> <p>Above the laptop, there's black text: aucklandcouncil.govt.nz</p>
<p>[Ngaire] There was so much more help out there than I thought.</p>	<p>Ngaire talks to Bill and Aleki in the garden.</p>
<p>[Ngaire] I found out there's community food support, free and low-cost health services and subsidised transport – heaps, actually.</p>	<p>Ngaire stands in a community farmer's market, holding a bag of kai.</p>

[Aleki] I really feel like we're back on track. I'm so glad we didn't cancel the party.	<p>The whole whānau is gathered around a table in the garden, having a party for Agnes (Bill's wife).</p> <p>The party includes Aleki, Ngaire, Bill and Agnes, Aleki's two nieces, and Aleki's son and his flatmates. There is cake, balloons, and kai.</p>
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[Help and support]

Audio	Visual
[Narrator] Remember – if you feel you're not coping, help and support is available.	<p>A blue screen with a whiteboard appears. The board is titled Helplines.</p> <p>The helplines are listed below the heading:</p> <ul style="list-style-type: none"> • Healthline 0800 611 116 • Call or text 1737
[Background music]	<p>Credits are shown:</p> <ul style="list-style-type: none"> • Health Navigator New Zealand logo • Hn.org.nz • Te Whatu Ora Health New Zealand logo • Benchmedia logo