Health Navigator New Zealand

Aotearoa e te toa!   
A series of resources for people with COVID in the community

# Transcript: COVID-19 and your mental health and wellbeing

## [Introduction]

| **Audio** | **Visual** |
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| [Guitar music] | Aotearoa e te toa!  COVID-19 and your mental health and wellbeing |
| [Guitar music]  [Narrator] Having COVID might make you feel anxious, concerned or uncertain about what happens next. It’s normal to feel like this.  Everyone reacts differently and some people may find this time much harder to cope with than others.  Taking care of your hauora is really important. | Woman #1 sits on the bed in her bedroom.  Woman #2 puts laundry in a basket.  A pregnant woman sits in a chair in the lounge, looking at a sonogram (picture) of her unborn baby.  Man #1 plays basketball in the garden. |

## [Things to try to improve your wellbeing and recovery while at home]

| **Audio** | **Visual** |
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| [Guitar music]  [Narrator] Here are some things to try for improving your wellbeing and recovery while at home: | Man #2 sits on the bed in his bedroom, using a tablet computer. |
| [Guitar music]  [Narrator] Stay connected – even though you’ll be in isolation, you can still talk to your mates on the phone, online or out the window. | Woman #1 stands at the window and waves to a male friend standing outside. |
| [Guitar music]  [Narrator] Try a free mental health and wellbeing phone app, like the ones on Health Navigator, for ways to feel better. | Woman #2 sits on the bed in her bedroom and uses her phone to find a mental wellbeing app. |
| [Guitar music]  [Narrator] There are people you can talk to for free, for example, call or text 1737, Lifeline, Vaka Tautua or Mapu Maia. | Man #2 sits on the bed and phones a helpline. |
| [Guitar music]  [Woman #2] You can also reach out to your GP and tell them you’re struggling. They’ll be able to help. | Woman #2 stands in her bedroom, holding her phone. |
| [Guitar music]  [Narrator] Slow breathing can really help to stay calm, too. If you’re able, take a long slow breath in - hold for a few seconds - then slowly breathe out. Repeat four times. | Woman #1 sits on her bed. She takes a long slow breath in - holds for a few seconds - then slowly breathes out. |
| [Guitar music]  [Narrator] Take a look at the five ways to wellbeing on the Mental Health Foundation website as there are some that you can still do while isolating at home. | The pregnant woman sits in a chair in the lounge. She uses a laptop computer to view the COVID wellbeing tips on the Mental Health Foundation website. |
| [Guitar music]  [Narrator] Watching the news can often make you feel more distressed, so take a break from it till you’re on the mend. | The pregnant woman watches TV and looks distressed. Then she reads a book and looks more content. |
| [Guitar music]  [Narrator] Rest up and drink plenty of liquids. We know exercise can help with mental wellbeing, but when you have COVID you need to keep it light.  [Man #2] Stay off the grog. Alcohol and drugs can make you feel worse, not better. | Man #2 sits in the lounge. He then pours a glass of water and drinks it. |
| [Guitar music]  [Narrator] Make a point of finding something beautiful in nature each day. | Woman #1 stands at her window and looks at a beautiful sunset. |
| [Guitar music]  [Narrator] Get plenty of sleep if you can. Your routine might be out of whack, but you should aim to go to bed at the same time each night and try to get up at the same time every morning. | Woman #1 sleeps. Then she wakes in the morning and stretches, looking refreshed. |
| [Guitar music]  [Woman #2] Healthy eating makes me feel better. Eat lots of veges, fruit, grains and fish if you can, and try to steer clear of the sugary and processed stuff. | Woman #2 stands in the kitchen, chopping veges. |

## [Key messages]

| **Audio** | **Visual** |
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| [Guitar music]  [Narrator] Try to accept your situation. It’s just temporary. You have a viral infection and your body is fighting it. You’re bound to have good days and bad. | A notecard or notepad is shown with the heading “Key messages”.  Key messages are listed below:   1. Stay connected. 2. Try a mental health or wellbeing app. 3. Contact your GP if you need to. 4. Try breathing exercises. 5. Limit the amount of news you watch. 6. Eat good food, avoid drugs and alcohol. 7. Find what gives your mood a boost and do that every day. |
| [Guitar music]  [Narrator] You can do this! Remember if you’re feeling down, there’s lots of help out there if you need it. | A blue background appears, with the heading “Get help if you need it:”  Key ways to get help are listed below:   * Call 1737 – Freephone or text 1737 to talk to a trained counsellor * Lifeline – Freephone 0800 543 354 or text HELP (4357) * Samaritans – Freephone 0800 726 666 * Depression Helpline – Freephone 0800 111 757 or free text 4202 * Youthline – Freephone 0800376 633 or free text 234 * Asian family services  – Freephone 0800 862 342 in 10 languages |
| [Guitar music] | The list of ways to get help continues onto a second screen:   * Alcohol Drug Helpline – Freephone 0800 787 797 or free text 8681 * Gambling Helpline – Freephone 0800 654 655 * OUTLine NZ – Freephone 0800 688 5463 for LGBTIQ+ support * Vaka Tautua – National health, disability and social services provider by Pacific for Pacific. Freephone 0800 OLA LELEI (652 535) * Mapu Maia – Pacific problem gambling. Freephone 0800 21 21 22 |
| [Guitar music] | Credits are shown:   * Health Navigator New Zealand * Te Poari Hauora Ā Rohe O Te Tai Tokerau/Northland District Health Board * Ministry of Health/Manatū Hauora   A website URL is shown:  [hn.org.nz/covid19/mental-wellbeing](https://www.healthnavigator.org.nz/covid19/mental-wellbeing/)  In partnership with Northland DHB and the Ministry of Health |
| [Guitar music] | Text appears, which says:  Animation by:  A group of paper airplanes swirls around, and then a logo appears:  Benchmedia Infotainment & Content Solutions |