



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: Staying connected in isolation

[Introduction]

Audio	Visual
<p>[Background music plays throughout the video]</p>	
<p>[Narrator] When you're isolating with COVID, staying in touch with people will help get you through.</p>	<p>On a white background, a title is displayed: COVID-19: Staying connected in isolation</p> <p>The title fades and we see a young man (Matrix), blowing his nose.</p> <p>Then we see Matrix and his family – Anahera (mum), Henare (dad), Kiri (younger sister), and Victor (younger brother). They are standing in the kitchen/dining room area, all holding a rapid antigen test (RAT) with a positive COVID-19 test result. They all look a bit surprised or worried.</p>
<p>[Narrator] Social connections make us feel better. They're good for our physical and mental health.</p>	<p>The kids sit on the couch in the lounge, watching TV. Victor reads a book while lying on the floor.</p>

Audio	Visual
[Anahera, the mum] So how do I stay in touch?	We zoom out and see Anahera vacuuming the carpet in the lounge/dining room area.

[Ways to stay in touch]

[Narrator] Try FaceTime – kanohi ki te kanohi is heaps better than texting. But make sure it's a regular thing.	Anahera sits on a stool in the kitchen and uses her mobile phone to video chat with a friend.
[Narrator] You don't need to have sparkling conversation – it could be a quick kōrero with a mate about your favourite TV show.	Matrix lies on his bed in his bedroom and uses his mobile phone to video chat with two friends.
[Narrator] Or a virtual dinner where you catch-up as you eat.	The family sits together at the dining table. A tablet computer on the table shows the family is video chatting with grandparents Agnes and Bill, who are also eating their dinner.
[Narrator] If you don't have someone to connect with, St John has a caring caller service.	<p>An older woman sits on a chair in in her lounge and phones the St John caring caller line.</p> <p>The screen splits. On the left side of the screen, a St John caring caller team member takes the call. On the right side of the screen, the woman chats with the St John caring caller representative.</p>
[Narrator] Don't spend the whole day on your own or on your phone. It can make you feel a bit down or anxious.	Henare sits on the bed in his bedroom, looking at his phone. He looks a bit down.

<p>[Narrator] Try something fun if you're isolating together. A new game or some baking.</p> <p>[Anahera] Ka pai Kiri, that looks yum!</p>	<p>The family sits at the dining table, playing a board game. Henare rolls the game dice.</p> <p>Kiri stands in the kitchen, holding a keke/cake. She looks happy.</p>
<p>[Narrator] If friends and neighbours offer to help out, say 'yes please', but keep them safe.</p>	<p>Henare stands by the fence at the edge of his property. His neighbour, an older man, hands him a bag of berries across the fence. Both Henare and the neighbour are wearing face masks.</p>

[Help and support]

Audio	Visual
<p>[Narrator] Keep an eye on your own mood and if you are struggling – ask for help.</p>	<p>Anahera sits on the couch in the lounge, looking tired. Kiri and Victor are running around and Matrix is playing a guitar.</p>
<p>[Narrator] There's support and advice available.</p>	<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
<p>[Background music]</p>	<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