Health Navigator
NEW ZEALAND

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: Getting through COVID-19 as a member of the LGBTQI+ community

Audio	Visual
[Background music plays throughout the video] [Rain is the speaker throughout the video]	
Hi, my name is Rain. I'm 18. I study bachelor's of social practice with Unitech and I live out in West Auckland.	Rain sits in the garden, chatting. They are wearing a tee and hoodie, with a lanyard around their neck.
With living in society today it can be stressful for a lot. And just adding that being a part of the rainbow community as well – you're struggling with your identity, you're struggling with, you know, who you see and how you present yourself towards others. And that can be like another heavy burden for people.	The scene continues, and the camera zooms in for a more close-up view of Rain.

Audio	Visual
Finding spaces where you are most comfortable is probably number one priority. Just like if things go wrong, who has your back?	The scene continues, and the camera zooms out for a wider view of Rain sitting in the garden.
In adversity you do find like your best friends. I honestly just absolutely try to take one things at a time.	The scene continues, and the camera zooms in for a more close-up view of Rain.
I look to my calendar and I go, what's just for today? Not tomorrow, not a week after, today.	The scene continues, and the camera zooms out for a wider view of Rain sitting in the garden.
During COVID, my social circles were really limited and the support that I needed for being a part of the rainbow community was very slim. And although we could chat over during like Zoom or like other forms of social media, it wasn't – it didn't have a realness to it. And I felt as if I couldn't like form a bond or deepen a bond with people I was talking to.	The scene continues, and the camera zooms in for a more close-up view of Rain.
Life is looking better for me.	The scene continues, and the camera zooms out for a wider view of Rain sitting in the garden.

Audio	Visual
I'm a little scared as I am an adult now. But in saying that, now that COVID's gone, borders are opening up, people can go out more now and like mingle and get to know each other outside of social media. And that's honestly empowering to me.	The scene continues, and the camera zooms in for a more close-up view of Rain. The scene continues, and the camera zooms out for a wider view of Rain sitting in the garden. The scene continues, and the camera zooms in for a more close-up view of Rain.
[Background music]	Credits are shown: • Te Whatu Ora | Health New Zealand logo • Health Navigator New Zealand logo