



## 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: Whaea K: COVID-19 and mental health

Audio	Visual
<p>[Background music plays throughout the video]</p> <p>[Whaea K is the speaker throughout the video.]</p>	
<p>Kia ora, e te whānau, Whaea K coming to you from Te Tai Tokerau.</p> <p>I just stopped in to talk about Māori mental health and the pandemic.</p> <p>The pandemic has hit a lot of whānau really hard and in different ways. There's been financial hardship, food insecurity, health, wellbeing – all of those things have had an impact on our whānau.</p>	<p>Whaea K is standing in front of a small cluster of trees, out in the bush. She is wearing a red dress, long earrings and a bone necklace.</p>
<p>But I think the thing that for me that stands out about the pandemic is my loss of connection. I couldn't connect with the whānau that were important to me.</p> <p>Now that we have that freedom, things have been better, but it's affected all of us in different ways.</p>	<p>The scene continues.</p> <p>Whaea K steeples her fingers when she talks about connection.</p> <p>And she moves her hands apart when she talks about freedom.</p>

Audio	Visual
<p data-bbox="228 309 759 456">So if you're needing help, or you're struggling in any way, reach out – you're not alone. Support is available for those who need it.</p> <p data-bbox="228 506 767 577">Take care whānau, look after each other, and look after yourselves.</p> <p data-bbox="228 622 767 694">Until next time... Tihei Mauri Ora! Ka kite ano, kia ora.</p>	<p data-bbox="855 309 1129 340">The scene continues.</p> <p data-bbox="855 389 1318 461">Whaea K waves when she says “Kia ora”.</p>