



## 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: Working from home

[Introduction]

Audio	Visual
[Background music plays throughout the video]	
[Narrator] If you're looking after someone with COVID, or recovering from it, it's common for your mental and physical health to take a hit.	<p>On a white background, a title is displayed: COVID-19: Working from home</p> <p>The title fades and we see a woman (Agnes) sitting in a wheelchair. Her daughter (Ngairi) pushes the chair across the garden.</p> <p>A woman (Jenny) stands in the kitchen at home, looking tired and unwell.</p>
[Narrator] Especially if you're used to having work colleagues and friends to spend time with.	A man and woman stand in the workplace break room, chatting.
[Jenny] Having long COVID means I'm adjusting to working from home.	Jenny stands in the kitchen at home, pouring a cup of tea.

Audio	Visual
<p>[Jenny's manager] As an employer, I've got a responsibility to be flexible. I'm helping Jenny out wherever I can.</p>	<p>Jenny's manager (Steve) is at work on the factory floor. He is wearing safety gear, including a hard hat and a high vis vest.</p>

[Tips for working from home]

Audio	Visual
<p>[Jenny] I've got everything I need right here now.</p>	<p>Jenny sits in her home office, using her computer.</p>
<p>[Jenny] I've sorted which tasks I can do... And I'm in touch with my team.</p>	<p>On an orange background, we see her computer screen. It shows a list of tasks Jenny plans to do today.</p> <p>Next, we see that she's on a video call with her teammates at work.</p>
<p>[Narrator] There are things you can do to look after yourself like</p> <ul style="list-style-type: none"> <li>• Keeping your work and home life separate</li> <li>• going outside for some fresh air and light exercise.</li> <li>• staying connected.</li> </ul> <p>[Jenny] Thanks for bringing dinner round on Friday.</p>	<p>Jenny walks across her office, looking at her phone.</p> <p>Jenny stands in the garden, stretching.</p> <p>Jenny talks on her mobile phone and smiles.</p>

Audio	Visual
<p>[Narrator] You might be worried about running out of sick leave, paying the bills or losing your job.</p> <p>These links are a good place to start.</p>	<p>On a white background, a blue text heading appears: Need support?</p> <p>Below that heading, resources are listed, one by one:</p> <ul style="list-style-type: none"> <li>• Work and Income: 0800 559 009</li> <li>• Contact your union: <a href="http://union.org.nz">union.org.nz</a></li> <li>• TUPU Aotearoa: <a href="http://mpp.govt.nz">mpp.govt.nz</a></li> <li>• Immigration NZ: <a href="http://immigration.govt.nz">immigration.govt.nz</a></li> </ul> <p>A green tick mark appears to the right of each item in the list.</p>
<p>[Jenny] I've talked to my doctor and my boss about a return-to-work plan.</p> <p>It's given me peace of mind that I can get back into it at my own pace.</p>	<p>Jenny stands in the garden. Next, she waters her flowers using a watering can.</p>

### [Help and support]

Audio	Visual
<p>[Narrator] If you feel you're not coping, help and support is 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"> <li>• Healthline 0800 611 116</li> <li>• Call or text 1737</li> </ul>

Audio	Visual
[Background music]	<p>Credits are shown:</p> <ul style="list-style-type: none"><li>• Health Navigator New Zealand logo</li><li>• <a href="https://hn.org.nz">Hn.org.nz</a></li><li>• Te Whatu Ora   Health New Zealand logo</li><li>• Benchmedia logo</li></ul>