

# tune in now



## VIDEO TRANSCRIPT: INTRODUCTION

**Matt:** My name's Matt Maudlin, I'm the CEO of Servants Community Housing incorporated.

**Matt:** The link between anxiety, depression and homelessness is inextricable.

**Amanda:** I'm Amanda Donohue. I'm the operations manager for Servants rooming house.

**Amanda:** On a daily basis I'm interacting with guys that are obviously suffering from anxiety and depression, and I'm often at a loss to know what to say to them.

**Amanda:** I'm working on the front line every day, trying to develop resources and gather information to help me, help these people.

**Amanda:** I can't wait for this resource to be produced so that I can get my hands on it and start implementing it. Right now, I've probably got four fellows who I know need help. They're not getting it and I feel like I'm the only one who they actually talk to at all, and I'm it – I can't get them to first base without this sort of information.

**Matt:** Yes there are plenty of mental health professionals who have a really good understanding of depression and what takes place etc etc, but the need for others in the community, those who may not be clinically trained, (to have this information) is absolutely vital. If we don't have this information and education, how are we supposed to address and support people who might be suffering with depression and anxiety? So I think that anytime we're more equipped as laymen to talk to people and know how to start the conversation, that's gotta be a good thing.