

## VIDEO TRANSCRIPT:

# MODULE 1: SOCIAL AND EMOTIONAL WELLBEING

**Merinda:** My name's Merinda and I work here at Hanover Southbank. Hanover is a homelessness service provider, so they provide support services to people experiencing, and at risk of homelessness.

**Merinda:** Emotional wellbeing is about someone's satisfaction with their life; where they're heading and what they're doing. I guess being in stable mood states and being able to function on a day to day level and having aspirations and goals for the future.

**Merinda:** Social wellbeing is also important in addition to emotional wellbeing. That for me is about someone's social networks and the community they have in their lives – friends and family, hobbies that they might engage in.

**Merinda:** When people present with depression or anxiety, I find most commonly they present with low affect. Low motivational energy, they often disengage from regular activities that give them enjoyment and disengage from social networks that they were once a part of.

**Ben:** My name's Ben McIlwaine, I'm 29. I originally come from Perth; I've been in Melbourne now for about two and a half years. Moving geographically and having that drug and alcohol problem follow me, and then just sort of landing with no plan; no idea of what I was going to do, where I was going to stay, nothing like that.

**Allan:** My name's Allan Martin and I'm now 58 years of age. The anxiety or anxiety/depression rather, I think it's desolation.

**Allan:** I'd been very successful for about a ten-year period and got myself a decent home, got myself a very good income, even though it was killing me. Then to suddenly have nothing again. At that time I had no one to talk to. At that point I became totally isolated and I felt totally alone. It was so unsettling. I think that's the shocking thing – the sense of depression and absolute isolation and loneliness. The fact is I didn't have a door I could go to and knock on to be given a bed or given any help. Of course, my behavior from the exhaustion or sleep deprivation was that I was becoming very short tempered, very short with what I had to say. And friends of course started distancing themselves from me, which I learned is what is quite common.