**Video Transcript: Interview with Vanes**

**What has lockdown meant for you?**

Coronavirus, in terms of family, has made us closer together, because before, we wasn’t really—we took everything for granted, like I’ll tire of my grandparents and things like that! Before we didn’t know that the lockdown was going to happen so like I hadn’t seen my grandma in a while. So when it happened I was like, oh wow, I actually can’t go and see her, which was a bit, that was crazy. Yeah, we took that at the time for granted, before lockdown started, and we really are checking up more on each other than we did before, because we feel like we have to. For finances, like, for my family particularly, my dad got laid off from work because of the coronavirus, which has been difficult. So he’s like, looking for work. But obviously, lots of workplaces aren’t hiring, and things like that. Because it’s had like a huge economic problem, in the whole country, so that’s been quite difficult. And also, I’m looking for work as well, and I cannot find anything. Like as a young person, I was thinking, oh yeah, this time I’m going to work, make some money, will be fine, go to uni. But it’s actually impossible to find work right now.

**How has lockdown impacted your mental health?**

From seeing your friends every day to not seeing them at all, I think that’s… takes a toll. That took a toll on my mental health, definitely. Just like, checking up on my friends, and then, there’s some people that you kind of thought were friends, but it’s more of a, you just see them every day. It’s what I really didn’t recognise before. But since this has happened, you realise like, what people are really there to check up on you, and things like that. Just, not being able to give people a hug! And things like that. I think when you’re home by yourself you have lots of thinking time and it’s just like, what! Just thinking, well, what’s my purpose, what do I want to do, and yeah. I just feel my time before was kind of wasted. And I was thinking of, all the time, like after it, what I want to be doing with my time. Like there’s lots more time on social media, and I think that kind of impacts mental health a little bit, because you’re just sitting on your phone scrolling longer than you usually would. Social media, all media, are really, in this time is really heavy. Even like, watching the news, like every 5 seconds like, coronavirus, coronavirus, it’s just like, anything else? I just want something to do every day, to be honest!

**What priorities should the government set for young people moving forward?**

I think, in terms of young people, they should be helping them in this, like, next stages of life. So people who have just finished their GCSEs and people who have just finished college or sixth form. I think there needs to be some things out there for them to do like in the summer, whatever. Because it’s really difficult, just to be, like finished school in March and it’s like, it’s summer now, isn’t it. And we’ve just been doing nothing. So I think young people are really idle right now. I think that mental health as well, for young people, I think we’re gonna need much more support. I feel these years for young people, especially finishing secondary school and all of that, I think they’re really important, and to have like a whole pandemic, is going to take an impact, like a toll on mental health in the following years as well, because we’re going to be looking back and be like, remember when we were stuck in our house for, how many days like?