

Transcript of Kevin's Story

It's midnight which is the only time I can get any kind of privacy to talk and it's in my room. I'm stuck in my room and I've got to be honest, I am really, really struggling at the moment just being in my room the whole time while I'm home is making me feel like I'm a teenager again. Erm and I've got to be honest like, my teenage years weren't good.

I was attacked when I was a teenager. I had an unprovoked assault because of my sexuality and so just being in this room is reminding me of when I had to come home after being attacked having to, like, sit in this room sit in these four walls and it's just starting to make me feel really, really panicked.

Erm, and just, like, to have gone through all that as a teenager, to have been attacked and to have felt suicidal and then to have found a mental health service that, like, I feel I can talk to and to have a group of friends, that I feel, like, to be honest feel like my family, like, I can be completely honest with, to have all that, but then for it to be, like, to be completely separated from it because of the current situation is really, really hard, because I don't really feel like there's anyone in my family that I can be honest with, or be open with.

And I know, like, people are talking about moving to online services for mental health, but, like, do you have any idea how exposing it would feel, talking about all of this kind of stuff online where, you don't really know who's watching or who's listening. And, like no, I only want to do it face-to-face, like, how it used to be.

Erm and just to top it all off, like, I'm still going into work, I'm still working on the site, I don't get applause, I don't get clapped.

I've got no idea what I'm bringing back with me and exposing my family to which is why I spend all my time in my bedroom, so, like, obviously trying to decrease the risk of, like, exposing them to something. Yeah I still, like, I've got a cough and I don't know whether it's from inhaling dirt, like, inhaling dust on the site, or, or whether it's, you know - so I've just been, like, Googling symptoms the whole time and so, I'm on my phone Googling symptoms all the time and seeing the news feed all the time.

I don't know how much longer I can go on like this like, I don't feel good. I don't feel right. I don't know how much more of this I can take to be honest.