

Dani found her way out of a funk with the help of DurhamWorks Video Transcript:

[DANI, sat in a DurhamWorks office, smiles to camera.]

DANI: My name's Dani, and I'm 24.

[Cut to DANI sat in Bishop Auckland Market Place staring off thoughtfully.]

DANI: It was quite a few years ago. Basically, I just really grappled with depression and anxiety for some time and actually it got so bad I ended up having to take 18 months off work.

[Cut to closeup of DANI, still staring thoughtfully,]

[Cut to closeup of DANI walking through Bishop Auckland Market Place.]

[Cut to DANI sat in the same DurhamWorks office speaking to camera.]

DANI: The best way to explain it is, there were days were I just felt numb.

[Cut to DANI, back sitting outside in Bishop Auckland Market Place. She types on her phone.]

DANI: Like, I didn't even get out of bed – sort of thing.

[Cut to closeup of DANI typing on her phone.]

[Cut to closeup of DANI looking down at her phone.]

[Cut to DANI, back sitting in the DurhamWorks office speaking to camera.]

DANI: And then, what happens is, it's sort of like this vicious circle where you beat yourself up at the end of the day because you're like "I've not done anything.". And you just feel like you've let yourself down, I felt like a failure.

[Cut to DANI opening the door to the DurhamWorks office.]

[Cut to DANI smiling as she walks towards PAUL, DurhamWorks employee.]

DANI: So, I remember I first stumbled across them by accident, and thought "Well it's a local organisation maybe they'd be able to help me."

[Cut to DANI, back sitting in the DurhamWorks office speaking to camera.]

[Cut to DANI and PAUL talking in an office cubical. Glasses of water, notepads, and a plate of biscuits sit on a table between them.]

[Cut to closeup of DANI talking to PAUL in the same office cubical.]

DANI: And, I was so nervous about attending my first appointment.

[Cut to DANI, back sitting the DurhamWorks office speaking to camera.]

DANI: I think one of the key things they've helped me gain is a new sense of positivity...

[Cut to closeup of DurhamWorks notebook on a table with a pen on top of it.]

[Cut to closeup of DANI smiling while talking to PAUL.]

[Cut to DANI, back sitting the DurhamWorks office speaking to camera.]

DANI: ...and also I feel like I'm just far more aware and focussed on what I want to do with my life.

[Cut to DANI drawing a mind-map on a notepad. At the centre of the mind-map is the text 'CV requirements.']

[Cut to DANI walking through Bishop Auckland Market Place. She is joined by ABIGAIL, fellow DurhamWorks participant. They're both holding cups of coffee.]

[Cut to DANI in conversation with ABIGAIL, they both laugh.]

DANI: My experience with DurhamWorks has been such a great one. They've really helped bring back a sense of positivity into my life.

[Cut to DANI, back sitting the DurhamWorks office speaking to camera.]

DANI: And also, they've help me to come out of my shell. I think one of the things that they asked me was 'what are my interests, what are my passions?'. Some of the things that I wanted to was something that enabled me to share my skillset and my ability to be empathetic and be caring towards people. And, even though it's just volunteering...

[Cut to closeup of DANI's hands. She fidgets.]

[Cut to DANI and ABIGAIL outside walking through Bishop Auckland Market Place with their coffee. They choose a blue bench, and both sit on it.]

DANI: ...It gives me the opportunity to share what I've been through and help people. And, they're such a lovely team of people that work there so to have DurhamWorks and the mental health charity that I volunteer for...

[Cut to closeup of DANI in conversation with ABIGAIL.]

[Cut to DANI, back sitting the DurhamWorks office speaking to camera.]

DANI: ...And me getting to be part of both of those things working in conjunction with each other – it sounds cheesy, but it's been life changing, it really has. I feel so much better for it, and I feel like I can see my future now. I've become so much more talkative. I feel now that I can talk to people who are going through a rougher time than I am, or I was, I'm now able to offer the support and guidance that I was given in DurhamWorks.

[Cut to various angles of DANI sitting outside where she was at the beginning of the video. A satisfied smile crosses over her face.]

DANI: They've given me all these different skillsets that have helped me not only with my mental health but in my work life. I feel really positive about my future now, and I think they've helped my get there.

[Cut to splash screen with DurhamWorks logo and European Social Fund logos.]