

2. I just don't call anybody unless they call me

I think it was before the pandemic. I think I went for like a sort of group meeting (at Archway) a couple of times. That was nice. I quite liked the crossword and the quiz. Yeah, sometimes I feel like, oh yeah it's just something to do and it's quite like, it's quite something knowledgeable, and like...it's helpful in a way.

Since the groups have stopped, I've had the regular phone call, somebody, Eva, yeah. It's very helpful. It was helpful some days cos kind of like my mood is just not very, some days I feel terrible. Sometimes I feel it's probably too much cos I can't do like talk to somebody. I knew her, like, we've met, but sometimes maybe it would be too much talking to somebody, telling her your personal stories. Sometimes, yeah, it's been helpful most of the time. She's very caring I think.

It's been someone to talk to and a bit of encouragement, a bit of encouraging. I don't really know how to explain it. She's been really very encouraging and really supportive I think, yeah, she's been very supportive. Because the loneliness can be very debilitating. I'm not social enough and I just got scared. It's very difficult when I could do with advice and support but it's difficult, just living on my own.

I go on a regular walk, I try to do it every day, it just depends on my energy. I get *The Brightside* (Archway newsletter), it's all right I think but I prefer the quiz (at the social group). I get a phone call from Mind as well. They used to have classes I did but that stopped with the pandemic. I'd go to Restore as well, do a little bit of gardening. I liked just being outside. They do a phone call regularly.

If Archway didn't call, it would have been very difficult cos I'm just socially awkward and I just don't call anybody unless they call me. It's just like, oh, very depressing. It's good you think of ways of supporting people because a lot of my friends are just, I don't know, they are scared to like meet or just call or something. The group social thing was good but I think the thing is with me, I just need to sort my housing and my life, make it more stable and maybe have a sort of regular girlfriend or partner. Living on my own is very difficult. I think someone who shares your food and laughs is very different. With the anxiety and social pressure to go out and meet new people, it's very difficult. My mood is not very good. My housing keeps me down in stress. My mental health's not very great. I'm not sort of being outgoing and things, I'm kind of more stay in my room all the time. I'm trying to do some art but I mostly just do reading and watch Netflix.