



Anna, aged 13

Anna is having huge mood swings. She's fallen out with just about everyone. She just can't stand people around her or getting too close. She doesn't want them to know what she's really like. She's so down she's started cutting herself. She doesn't want to go to the doctors because someone would have to come with her and she doesn't want anyone to know.

Rio, aged 12

Rio's dog has just been put down. The dog has always been in his life through good and bad times, even when his mum and dad split up. His friends can't understand why he is still so upset; they think he should be over it by now.





Sam, aged 12

Sam looks after his little sister who's eight. Their mum has a drink problem and she doesn't really get anything done. He's struggling to do his school work and is always tired but he doesn't want to get his mum in trouble.



Rhianna, aged 15

Rhianna is finding it very hard to deal with her fear that something terrible is going to happen to her family when she is away from them. Its worst at night and she can't go on any sleepovers because her fears get so bad that she can't sleep and just wants to get back home. She knows there is no real reason for how she feels but she can't get those thoughts out of her mind and they are making her very unhappy.



Sophie, aged 15

Sophie has been beaten up at school since coming out as lesbian. She's afraid of what will happen if she tells a teacher because she will be asked why she was beaten up. Sophie doesn't want to have to come out to her teacher. What if her teacher tells Sophie's parents? She doesn't know what to do?

(with thanks to SPACE for providing this scenario)



Krystyna, aged 13

Krystyna is becoming more and more preoccupied with how she looks. She's finding it difficult to leave the house and will spend hours choosing what to wear and putting on make-up before even thinking about stepping outside.

(thanks to CAMHS participation team for this scenario)



Jed, aged 16

Jed has been feeling very low and hopeless for some time. He puts on a front for other people, to make them think he's okay, but he's really struggling. Recently he's been thinking more and more about ending his life. He's fearful as these thoughts are becoming harder to ignore. He's even started thinking about how he might end his life, what if things go wrong. But he can see no other way out.

(thanks to CAMHS participation team for this scenario)



Rasha, aged 14

Rasha has just started at a new school. She has added a lot of her new class on FaceBook but she has found that a couple of the girls in her class have started posting things about her and about her family that are hurtful and untrue. They suggested that she and her family are linked with ISIS.

(thanks to CAMHS participation team for this scenario)



Andrew, aged 16

Andrew identifies as male and is asexual (he doesn't feel a sexual attraction towards anyone). He recently felt peer pressured into kissing a girl at a party even though he didn't want to. He now gets panic attacks when he is in social situations.

(with thanks to SPACE for providing this scenario)



Joel, aged 12

After coming out as Transgender, Joel is not allowed to change in the girl's changing room. She is having to use the boys changing room and is being bullied by the other boys. School is disregarding the situation and Joel is starting to skip school. Her parents want to know why. Joel feels she has no-one to talk to about this.

(with thanks to SPACE for providing this scenario)



Alex, aged 14

Alex feels very low and feels like he has no-one who will understand the situation he is in; he hasn't told anyone he is gay. His parents have strong religious views and he's worried they might think he has chosen to be gay.

(with thanks to SPACE for providing this scenario)



Keira, aged 16

Keira's best friend Lin has just confided in her saying she is feeling very low, having suicidal thoughts and is finding it hard to keep herself safe. Lin has also opened up to Keira about her self-harm and how it is escalating quicker than she can manage. Keira has her own problems at home and isn't sure what to do either to help Lin or to look after herself. She's struggling with knowing how much her friend is hurting but Lin is adamant that she does not want professional help and Keira doesn't know what to do.



Jo, aged 15

Jo has just got into a new relationship. She met her new boyfriend through a friend of her brother. He's told her he's never met anyone like her before, and that she's the most beautiful girl he's ever seen. They've had sex, and she allowed him to take a naked photo of her on his phone. She wasn't comfortable with it, but felt pressured to agree as she was worried what he would think of her if she said no. He's sent the naked photo of her around all of his friends. She cannot believe it; she is devastated.



Darren, aged 16

Darren's friend Theo has been worrying about him a lot recently. He's been acting like nothing's different but Harry can tell that something's very wrong. Theo's been drinking a lot more than usual and doing some risky, stupid things and acting like he doesn't care. And nothing seems to interest him anymore. To be honest he's not much fun to have around. Harry doesn't know what to do. He tried asking him if he was okay but Theo didn't really answer and just changed the subject.



Harry, aged 14

Harry, is dealing with anxiety at school as a result of the rumours about Harry's gender. These rumours are causing anxiety as Harry identifies as gender fluid and is concerned about being 'outed'.

(with thanks to SPACE for providing this scenario)



Fred, aged 17

Fred recently came out to his friends and they now joke about his sexuality. He doesn't feel comfortable around them now and doesn't know what to do.

(with thanks to SPACE for providing this scenario)



Sarah, aged 17

Sarah has an alcohol problem and mental health problems which don't work very well together. Sarah is a binge drinker and thinks alcohol is the solution to her problems. Often she acts on impulse and does stupid things when she has had too much alcohol, especially on days when she is particularly depressed.

(with thanks to Project 28 for providing this scenario)



Jonny, aged 14

Jonny has started hanging out with older peers. They are using a lot of class A drugs such as cocaine and ecstasy and he is thinking about experimenting with them. However Jonny would like to know a bit more about the drugs before he takes them.

(with thanks to Project 28 for providing this scenario)



Seb, aged 15

Seb is angry all the time. Even little things make him really cross. Last week when his mum told him to tidy his room he got so cross he broke his Xbox! He wishes he could stop.



Charlie aged 15

Charlie is worried. She started a new school this year and some of the people in her class are mean to her because of her learning difficulties. They bully her and call her names. Now she doesn't want to go to school at all. Every morning when she starts getting ready she gets so upset it makes her sick.



Richard, aged 13

Richard is secretly a girl and is really afraid to come out to her family because her mum always comments on how disgusting trans people are at the slightest mention of them. Richard is considering running away.

(with thanks to SPACE for providing this scenario)



Ben aged 12

At breaktime Ben saw other children in his year group sniggering and laughing at him. He feels alone, helpless and unsure of why they are picking on him. The children said, “Why don’t you live with your mum and dad? You can’t have two dads.” Ben lives with a gay couple who fostered him as a baby, after he was removed from his birth parents. Those few words had a big impact on Ben and have made him question his life story so far.

(Thanks to J, Youth Forum and Senior In Care Council for providing this scenario)

