



Scenario 1:

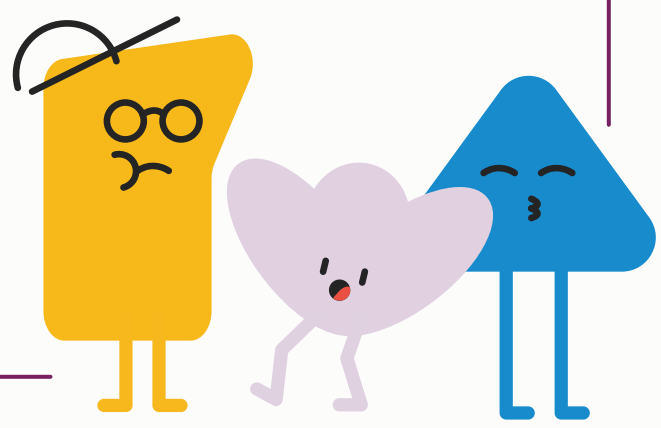
Eating Disorders

Sam is a friend and peer, who you know very well and you usually spend lunchtime and breaks together.

Recently he has started to say he doesn't feel like eating at lunchtime or has already had lunch and he also seems withdrawn and not himself.

You've also noticed he's lost some weight and you're feeling worried and concerned.

How could you help Sam?





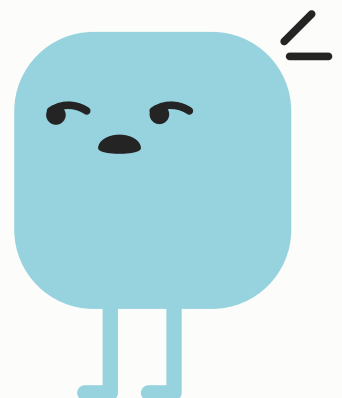
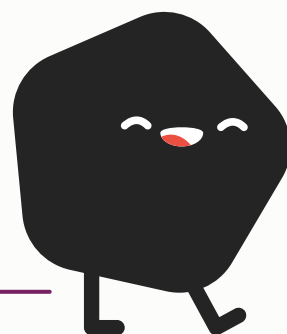
Scenario 3:

LGBTQ+

You've just heard that one of your classmates has come out as transgender. You've noticed they are very quiet and withdrawn at the moment and other peers have been saying unkind things.

You would like to offer them support but are unsure of how to approach them.

What will you do next?





Scenario 4:

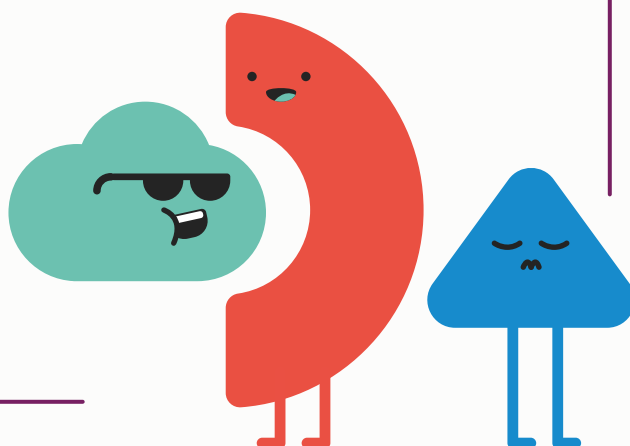
Depression & Anxiety

In the last few weeks, you are feeling quite low, and there are exams coming up which you are worried about. You are very tired and can't be bothered to socialise, the way you usually enjoy doing.

The last couple of days, you have cancelled on your friends as you don't want to see anyone and you haven't had any appetite, so you haven't eaten since yesterday.

You don't like feeling like this, but don't know how to motivate yourself to feel any better.

Where can you go to find yourself help?





Scenario 5:

Loneliness

Georgia has just started secondary school. She has always been quite upbeat and fun and had lots of friends at her primary school but doesn't know anybody at her new school.

She is feeling really sad and lonely and this is making her want to spend more time alone both in school and at home.

She can't help feeling that people are talking about her and she can't control these thoughts. They are affecting her sleep and her mood.

What would you suggest for Georgia?

