

Dublin City Comhairle na nÓg

Let's Talk Mental Health Scenarios

These mental health scenarios were developed by [Dublin City Comhairle na nÓg](#) as part of their 2022 working topic on Mental Health. The scenarios were developed for young people by young people. As a group we wanted to open up the conversation on mental health so we created these scenarios to help aid the conversation in both the classroom and youth group setting.

For further information:

Dublin City Comhairle Coordinator

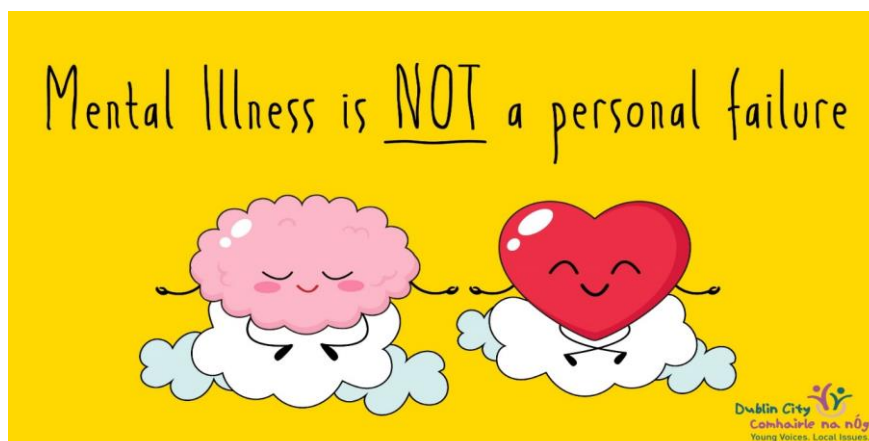
E: comhairle@dublincity.ie





Let's Get Started:

- Step 1: Ensure there is a trusted adult present so the young people can seek advice and guidance on the scenarios where needed.
- Step 2: Divide up into groups.
- Step 3: Cut the scenarios up individually.
- Step 4: Select a scenario at random. Feel free to select another scenario if you feel the first one does not suit your group.
- Step 5: Have a conversation around the selected Scenario - what are your initial thoughts/ what would you do/ how would you support/ etc.
- Step 6: Each group provides feedback on how they found the scenarios and the conversation.



- Hazel just finished her exams and can't stop stressing over how she did. As her friend, you're getting worried about her because all she thinks about are exams. What can you do to help Hazel?
- Charlie's parents have noticed his outbursts of anger and increased irritability leading up to and after competitions. They think he's putting too much pressure on himself to perform. How do they help him put less pressure on himself?
- Sophie has stopped enjoying school and her grades are slipping. How can we help Sophie?
- Ruby's sibling has been getting less sleep at night and is starting to sleep a lot more during the day. What can Ruby do to help?

- Lark has recently discovered that they are part of the LGBTQIA+ community. They have come out to you but are extremely anxious to express their identity in case of judgment. What can you do to help them?
- Jonathon's friends have noticed that he hasn't brought in lunch over the past while. When he is offered food, he declines. What should Jonathon's friends do?
- A friend's grandparent dies and is struggling with grief. How do you help?
- A friend has anxiety about starting school. How do you help?
- A friend has anxiety about going back to school. How do you help?

- John enjoys sport but feels he does not fit in with the culture of the team. How do you support him?
- Sam's dog has died. It was his best friend. How would you approach a conversation if he tells you this?



you help?

- A sibling has mental health struggles and has lost interest in their hobbies. How could you support them?
- Your friend just came out to you as part of the LGBTQIA+ community. They are feeling anxious about this- How could you continue this conversation?
- You have been struggling with your mental health. Who would you/could you tell?
- Your friend Alex got into a relationship, and you don't think his partner is treating him well, but he keeps saying its fine. What are the right steps to take/what to say?

- How would you support a parent or guardian who tells you that they're struggling or feel that they're not doing a good job, and how do you support yourself?



- Sarah has a friend called Kate they do everything together. Kate moved on to Sarah's road and has made more friends. Kate is now ignoring Sarah and only spending time with her new friends. What should Sarah do? Should she try to be part of their group?

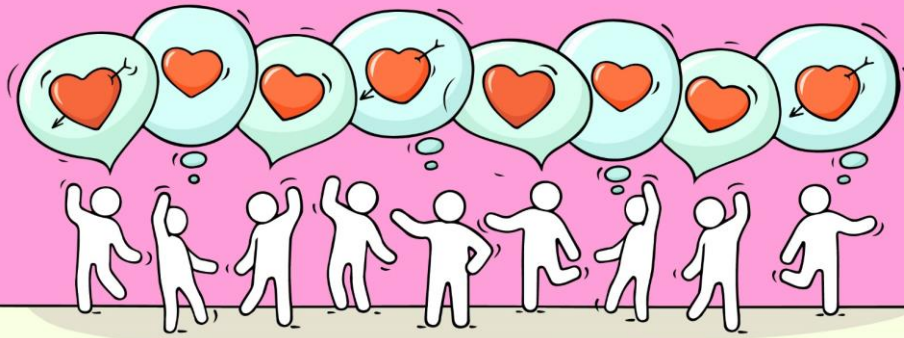
- Anne is 14. She is in school. She is losing interest in school and arriving up to an hour late every day. She is saying she is going to quit when she is 16. What should her parents and friends do?



- Grace and Mia are best friends. Mia has recently become friends with Amy, a girl Grace personally doesn't get along with. To spend time with Mia, Grace has also to spend time with Amy. What should Grace do? How do you think she feels?

- Ella moved to a new school and struggled to make friends on her first day. She's worried that she won't be able to make friends. What should Ella do?
- A new family moved on to Jane's road. She wants to make friends with their son Oscar but doesn't know how to make friends/start a conversation. What should Jane do?
- Oliver's friend Aaron was recently diagnosed with anxiety. Oliver really wants to show that he cares and want to help, but he doesn't know how.
- Sam is struggling with their mental health and is thinking of speaking to their guidance counsellor, but they're worried because they've heard unhelpful stories from telling the counsellor. What should Sam do?

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- Your friend Ruby has been fighting with her parents lots. How do you support her without being too intrusive into her family's business?
- Hannah is studying for her Junior Cert and is struggling to make time for friends. She says that she's 'too busy studying' to go out with her friends and has stopped going to soccer training. Her friends and family are worrying that she will burn

out soon. What should they do? How can they help her?

- You notice one of your parents are struggling, and you want to help them. How can you help them?

- Emily has noticed that her breathing has gotten worse and she feels tightness in her chest. She thinks it's just her asthma getting worse. Her friends are worried about her frequent attacks. What should they do?

- Dan is friends with Jake. Jake and Dan are 13 but Jake is starting to hang out with 15-year-olds who are shoplifting and robbing from little kids. Dan

doesn't know what to do because he wants to stay friends with Jake and all his other friends.

