



# MENTAL HEALTH - RELATIONSHIP DISPUTE (ADVANCED)

## SCENARIO

Raukura is a girl; Quinn is non-binary.

- Raukura and Quinn have been friends for as long as they can remember.
- They used to love spending time together, playing handball and watching movies - but recently their relationship has become strained.
- Earlier this year, Quinn was struggling with their mental health. Raukura tried to be supportive, but Quinn had to take time off school, and they weren't able to see each other for almost two months.
- Raukura felt a bit let down: it was hard not seeing her best friend for so long. Also, she worries that Quinn might disappear again, leaving her all alone.
- Quinn is misunderstood and unsupported. After all, it wasn't their fault they were unwell. They really wish things would go back to the way they used to be.
- Recently, Raukura made a new friend named Stella. She and Stella have been spending a lot of time together. Sometimes, they even play handball.
- Raukura has assured Quinn that she still wants to be Quinn's friend, but Quinn is worried about being 'replaced' as Raukura's best friend.
- These strong feelings have meant that when Raukura and Quinn do spend time with each other, they find it difficult to enjoy themselves.
- They have agreed to try to find a solution through mediation.



## WHAT HAPPENED?

- I miss my friendship with Quinn. We used to spend so much time together!
- When Quinn was struggling with their mental health earlier this year, I tried to be as supportive as I could be, by listening to them and checking in often.
- I found it really difficult when Quinn was away; we didn't see each other for almost two months. I was really worried about them, and lonely, too. I guess I'm afraid that Quinn will disappear again, you know?
- My new friendship with Stella brings me a lot of joy, and I want to nurture it - but that doesn't mean I'm 'replacing' Quinn. I want to be friends with them both!
- Quinn and I have tried spending time together, but things feel a bit awkward now.
- My friendship with Quinn is really important to me. I wish we could sort this out.



## WHAT HAPPENED?

- Raukura is my best friend. I miss the way things used to be!
- When I was struggling with my mental health earlier this year, Raukura was initially very supportive. I really appreciated her checking in on me.
- Since I've been back at school, I am misunderstood and unsupported. I don't see why things have to change - after all, it isn't my fault I was unwell.
- I guess I'm a little bit jealous of Stella, because she and Raukura seem to have so much fun. I feel like I'm being replaced as Raukura's best friend.
- I'm a bit self-conscious when I'm with Raukura now, and I find it difficult to 'let go', because I don't want to make things worse.
- My friendship with Raukura is really important to me. I wish we could sort this out.