

WELLBEING & SUPPORT AT JCG



JERSEY
COLLEGE
for Girls

Looking after your wellbeing!



Be kind to others



Eat well and hydrate



Get enough sleep



Talk about your feelings



Be active

Worried about yourself or someone else?

- Talk to any trusted adult in school
- Use the **Report a Welfare Concern** button on the JCG website
- You can ask for help for a friend - it's the right thing to do.

HOW TO SUPPORT YOURSELF AND OTHERS IN OUR SCHOOL COMMUNITY:



For worries about safety, wellbeing or mental health, you can speak to: Safeguarding Leads, Student Guidance Team, School Counsellors



For everyday concerns, school stress or a check in, you can speak to: Form Tutors, subject teachers, Heads of School, ELSA support assistants, any member of staff



Students trained to listen and support: peer mentors, Year 12 Buddies



Need help outside of school?

Scan the QR code for local and national support services for children and young people.

