

A Guide to wellbeing at



JERSEY
COLLEGE
for Girls

How to support yourself and
the people around you here at JCG

10 Take care of yourself

Regular physical activity,
healthy diet and sleep.

1 JCG Safeguarding Leads & SLT

9 The 5 Ways to Wellbeing

1. Connect with others
2. Be active
3. Take notice
4. Keep learning
5. Support the people around you

2 Peer Mentors

Sixth Form students
trained to listen

8 External Support Services

Scan the QR code below for a
list of support services
available to children and
young people in Jersey



3 Counsellors

Scan the QR code below
to be directed to the JCG
Counselling Services
information page



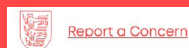
7 Student Support Team



4 Form Tutors, including the Mentoring Programme

6 Report a Concern button

On the JCG website



5 Emotional Literacy Support Assistants (ELSAs)