

WELLBEING SUPPORT

WELLBEING DROP IN

**EVERY THURSDAY 12:30PM
ON TEAMS**

**DROP IN FOR SUPPORT, A SPACE
TO TALK ABOUT HOW YOU ARE
FEELING, SHARE IDEAS AND
CHAT WITH OTHERS.
WE ARE ALL IN THIS TOGETHER!**

**EMAIL JUSTINE
(DDJPORTER691@GLOW.SCH.UK)
OR ASK YOUR GUIDANCE
TEACHER TO BE ADDED TO THE
GROUP.**

VIRTUAL WORRY BOX

**WE ARE HERE TO HELP AND
SUPPORT YOU.**

**TEXT THIS NUMBER IF YOU
WOULD LIKE TO TALK AND OUR
HEALTH & WELLBEING WORKER
WILL GET IN TOUCH.**

07936040863

**OR EMAIL
DDJPORTER691@GLOW.SCH.UK**