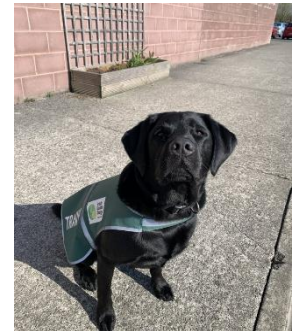




Welcome to St. Peter's College new Wellbeing and Mental Health tab. Created, designed and maintained by TY students as part of Jigsaw's Innovate for Wellbeing project, our vision is to ensure that students, parents and teachers are informed and supported on wellbeing and mental health issues. We also hope to highlight the importance of taking care of our wellbeing and mental health as part of our daily lives.

This page will include information on supports available both inside and outside of school including various ways in which you can look after your wellbeing and mental health.



We've divided our tab into various subtabs so you can access information about wellbeing and mental health that is relevant to you. It's available in one place, quick and easy to access and all at the click of a mouse!!!

The layout is as follows:

An introduction to The Care Team in St. Peter's College

- Including a colour coded map of the school, highlighting the location of each office

A Mental Health Booklet produced by team members Ethan and Megan

Your Mental Health 5-A-Day

- A Power Point explaining mental health and supports available both inside and outside of school

LGBTQI+ page and details of supports

Digital Hub

- Podcasts & Spotify Playlists
- Meditation and Mindfulness links

St. Peter's Anti-Bullying Policy

Resources & Courses for Parents

Teacher Resources and Information on the Teachers Assistance Programme

List of outside supports and contact numbers

-SPC Innovate for Wellbeing Team, 2021