



## Meet your **Mental Health & Well-being Counsellor**...



Sarah-Jayne Ames ([amess@isdedu.de](mailto:amess@isdedu.de))



Counselling Department Intern

Gr. 6 & 8 Mental Health & Well-being Counsellor

Gr. 6 & 8 SMART Moves Ambassador Team Supervisor

North Building N004D (in N006) | +49 211 9406 861

[www.isdcounselling.org](http://www.isdcounselling.org)

Working hours:

- Tuesday: 8:30 – 16:00
- Wednesday: 8:30 – 17:00
- Friday: 8:30 – 16:00

Ally & Advocate



**BOOK A MEETING**

