**Student Support and Wellbeing  
April Newsletter**





# **Check your ILP and keep Exam Calm**

Have you agreed your [disability-related exam arrangements](https://www.kent.ac.uk/guides/disability-support/exam-arrangements)? There is only 1 week left if you need a change to your ILP, as it needs to be in place by 7 April. If you need to make a change, contact your SSW Adviser as soon as possible. For general exam queries, [online guide for exams](https://www.kent.ac.uk/guides/exams).  
  
It's very natural to be feeling apprehensive about exams, and there are many online workshops on themes such as worry and stress, as well as peer support groups taking place throughout this term. For what's on please check the [Student Support and Wellbeing Events Calendar](https://www.kent.ac.uk/student-support#event_listing_with_date) or follow @UniKentSSW on social media. There is also an [Exam Calm webpage](http://www.kent.ac.uk/student/exam-calm) with resources and events from different university departments covering how to prepare effectively, and take active and relaxing breaks whilst revising.



# **Where else can I get support?**

As well as mental health advice from Student Support and Wellbeing’s mental health team, there are many other services dedicated to supporting students in different aspects of their university life.   
  
Check out our new [Student Support and Wellbeing Visual Guide on 'Where to Get Support'](https://www.kent.ac.uk/guides/student-support-visual-guide-where-to-get-support).

# **Share your experience with accessing higher education**

The Special Educational Needs and Disabilities Progression Partnership (SEND PP) is working closely with students in Kent and Medway universities to understand how better to support students in future.  
  
Can you spare 10 minutes by 22nd April to share your experiences about applying to and starting at university by [filling out this survey](https://bit.ly/kmpf-send)?

If you ever want to give feedback about your experiences of support at Kent, please email us at [KentSSW@kent.ac.uk](mailto:KentSSW@kent.ac.uk).

# **Weekly Groups**

**Monday:** [Wellbeing Cafe](https://www.kent.ac.uk/student-support/54193/wellbeing-cafe-51)

**Tuesday:**[UoKA](https://www.kent.ac.uk/student-support/54198/uoka-university-of-kent-autistics-68" \t "_blank)

**Wednesday:** [Mindfulness in person](https://www.kent.ac.uk/student-support/54205/student-mindfulness-session-32) or [online](https://www.kent.ac.uk/student-support/54204/student-mindfulness-session-online-66), [Autism Modelling Club](https://www.kent.ac.uk/student-support/54202/autism-modelling-club-62), [Autism Social Board Games Group](https://www.kent.ac.uk/student-support/54201/autism-social-board-games-group-19)

**Thursday:** [International Wellbeing Group](https://www.kent.ac.uk/student-support/51413/international-wellbeing-group-44)

**All Week:**[Just Coffee](https://www.kent.ac.uk/student-support/54208/just-coffee-on-campus-canterbury-63) and [Walking Buddy](https://www.kent.ac.uk/student-support/54228/walking-buddy-canterbury-65) – Canterbury

[Just Coffee](https://www.kent.ac.uk/student-support/54218/just-coffee-on-campus-medway-63)and [Walking Buddy](https://www.kent.ac.uk/student-support/54239/walking-buddy-medway-65) – Medway

# **Top up your Wellbeing Toolkit: Upcoming Workshops**

**Weekly drop-ins**  
Tuesday 2pm-5pm: [Drop in with Forward Trust: Advice and support for difficulties relating to drugs and alcohol.](https://www.kent.ac.uk/student-support/54199/drop-in-with-forward-trust-advice-and-support-for-difficulties-relating-to-drugs-and-alcohol-11)  
  
Thursday 2pm-4pm: [Drop-In for East Kent Rape Crisis Centre](https://www.kent.ac.uk/student-support/54203/drop-in-for-east-kent-rape-crisis-centre-11)  
  
**Togetherall Courses that you can access online for free at any time:**  
[Managing Panic](https://www.kent.ac.uk/student-support/52875/managing-panic) | [Problem Solving](https://www.kent.ac.uk/student-support/52876/problem-solving) | [Managing Social Anxiety](https://www.kent.ac.uk/student-support/52877/managing-social-anxiety) | [Managing Phobias](https://www.kent.ac.uk/student-support/52878/managing-phobias) | [Stop Procrastinating](https://www.kent.ac.uk/student-support/53245/stop-procrastinating) | [Managing Depression and Low Mood](https://www.kent.ac.uk/student-support/53257/managing-depression-low-mood)

# **24/7 Support from Spectrum Life**

If you are experiencing a mental health crisis, or need emergency crisis support outside of Student Support and Wellbeing working hours, our external partners [**Spectrum Life**](https://uok.spectrum.life/login?org=ud3Z2brH) can offer you online, text and telephone support from qualified counsellors and mental health professionals.

**Spectrum Life** will work with you in getting initial support and help during your crisis and the University Student Support and Wellbeing teams will contact you on the next working day.

* Spectrum Life is available on Monday to Friday evenings from 8pm till 8am, and on weekends and Bank Holidays.
* Telephone: [0800 0318227](tel:0800%200318227) or Text ‘Hi’ to: [00353 87 369 0010](tel:00353%2087%20369%200010)
* Search for the Spectrum Life app from your app store and follow the log in instructions