# **Student Support and WellbeingNovember Newsletter**



Read on to see what's on in November from Student Support and Wellbeing, as well as questions and answers about our free confidential Counselling service for all Kent students, advice on coping with homesickness, and an employment opportunity for students with disabilities or long health conditions.

**Have you booked an appointment to see your Student Support and Wellbeing Adviser yet** to discuss your support for the academic year?
If your course is based in Canterbury, you can make an appointment by:

* email KentSSW@kent.ac.uk
* Phone 01227 823158
* Come and see us in Keynes Reception H block

If your course is based in Medway:

* email MedwaySSW@kent.ac.uk
* Phone 01634 888474
* Come and see us in the Gillingham building

# **Cartoon of three people sitting and talking in blue tones with a green background.Weekly Groups**

**Monday:** [Wellbeing Cafe](https://www.kent.ac.uk/student-support/50827/wellbeing-cafe-37)

**Tuesday:**[UoKA](https://www.kent.ac.uk/student-support/51829/uoka-university-of-kent-autistics-52%22%20%5Ct%20%22_blank)

**Wednesday:** [Mindfulness](https://www.kent.ac.uk/student-support/50596/student-mindfulness-session-5)[in person](https://www.kent.ac.uk/student-support/50599/student-mindfulness-session-8) or [online](https://www.kent.ac.uk/student-support/52345/student-mindfulness-session-16), [Autism Modelling Club](https://www.kent.ac.uk/student-support/51810/autism-modelling-club-46)

**Thursday:** [International Wellbeing Group](https://www.kent.ac.uk/student-support/50642/international-wellbeing-group-29)

**All Week:**[Just Coffee](https://www.kent.ac.uk/student-support/50618/just-coffee-on-campus-canterbury-40) and [Walking Buddy](https://www.kent.ac.uk/student-support/50668/walking-buddy-canterbury-42)- Canterbury

                 [Just Coffee](https://www.kent.ac.uk/student-support/50631/just-coffee-on-campus-medway-42) and [Walking Buddy](https://www.kent.ac.uk/student-support/50669/walking-buddy-medway-42) – Medway



# **Dealing with Homesickness**

Give yourself some time to settle into University life, it’s natural to miss home. Be kind to yourself and recognise that it’s nothing to feel guilty about. Here are some tips on how to deal with homesickness:

1. Throw yourself into university life, try to introduce yourself to your new housemates, plan an activity together, and make use of all the on [campus events](https://www.kent.ac.uk/whats-on/calendar).
2. Why not decorate your room with photos, posters or anything that makes you feel at home?
3. Are you keeping touch with family and friends from home? Planning a phone or facetime catch with a friend can be a good way to feel close.
4. Have you found your favourite campus hangouts yet? Check out the [Canterbury](https://www.kent.ac.uk/maps/canterbury/canterbury-campus) or [Medway](https://www.kent.ac.uk/maps/medway/medway-campus) maps for venues to explore.
5. Plan a visit home, you’ll be able to look forward to going back, whilst also making the most of your time before you go.
6. It's ok to ask for help, feeling homesick may pass, or you might continue to feel overwhelmed and benefit from support from [Student Support and Wellbeing](https://www.kent.ac.uk/student-support).

# **Cartoon of two people sitting at a table together with a green background.Support available at Kent: Counselling**

**How do I go about registering for counselling sessions?**

Email us at counselling@kent.ac.uk and we will send you registration forms to complete giving us a bit of information about you, and your availability and preferences for meeting.  We will then book you an appointment as soon as one becomes available at a convenient time for you.  The more availability you can give us the quicker you will be seen!

**What is counselling and what are its benefits?**

Counselling will give you a space to talk and think through problems which you are currently facing or have come up against in the past.  This process often allows for more clarity and perspective, and this can lead to viewing and dealing with things differently.  Or perhaps it might help to get support and know that you are not alone with your difficulties.

**Can I talk about anything in these sessions, or just university life?**

You can talk about whatever is troubling you or causing you emotional distress, even if it's nothing to do with university.  If we think that you may benefit from more specialised support, we will help you access that.

**Do I have to have an ILP to use the counselling service?**

You don’t have to have an ILP (Inclusive Learning Plan) to use the counselling services.  But if you are struggling with your studies, we might advise you to speak with one of our Mental Health Advisors about the possibility of getting one.

**How many counselling sessions do I get, and how long is each session?**

You can get up to 5 sessions if you need them.  We can also offer a couple of check-in sessions later on to see how you are doing.  Each session is 50 minutes.

**Can postgraduate students use the counselling service?**

Yes, we welcome requests from postgraduate students.

**What if I feel I haven't improved after the set sessions, is there any further help offered to me?**

If you feel like you need further counselling, then we would encourage you to contact the local IAPT (NHS) service who also offer mental health services to Kent students. You may also benefit from ongoing support from a Mental Health Adviser or a Mentor if you are eligible for Disabled Student Allowance.

# **A cartoon of a person sitting at a desk with a laptop on it in blue tones with a green background. Top up your Wellbeing Toolkit:**

**Upcoming**

**Workshops**

Tuesday 16th November 2pm-3:30pm: [Understanding Your Bereavement - Your Emotional Landscape](https://www.kent.ac.uk/student-support/51588/understanding-your-bereavement-your-emotional-landscape-1)

Wednesday 17th November 2pm-4pm: [Finding Friends and Coping with Loneliness at University](https://www.kent.ac.uk/student-support/51584/finding-friends-and-coping-with-loneliness-at-university-5)

**Togetherall Courses that you can access online for free at any time:**
[Improve Your Sleep](https://www.kent.ac.uk/student-support/52335/improve-your-sleep)
[Assertiveness Training](https://www.kent.ac.uk/student-support/52336/assertiveness-training-1)
[Stop Procrastinating](https://www.kent.ac.uk/student-support/52337/balance-your-thinking)
[Balance Your Thinking](https://www.kent.ac.uk/student-support/52338/balance-your-thinking-1)

[Managing Health Anxiety](https://www.kent.ac.uk/student-support/52338/balance-your-thinking-1)

**Other services from Student Support and Wellbeing**
We don't only support students with mental health; if you'd like more information or an appointment about getting support with Specific Learning Difficulties, autism, long term health conditions or physical disabilities, please emailKentSSW@kent.ac.uk.

# **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 or Text ‘Hi’ to: 00353 87 369 0010
* Search for the Spectrum Life app from your app store and follow the log in instructions



Line up your next paid work placement!
[Change100](https://www.leonardcheshire.org/get-support/working/change-100-internships/applicants) is a programme matching university students and recent graduates with any disability or long-term condition with progressive employers who offer professional development and mentoring. **Applications are now open! You have until 12pm on 6 January 2022 to apply.**

Watch this short video on the [Student Support and Wellbeing service](https://www.youtube.com/watch?v=Z5LRsx9wQ2I)

