# Fully bloomed bluebells Student Support and Wellbeing May Newsletter

# A group of people standing in front of a rating scale ranging from a red unhappy face to a green happy face.Support services – your views

Would you like to win one of 4 Love2Shop vouchers worth £50 each? Or £50 added to your KentOne card? Simply spend 5 minutes filling out our [online survey](https://targetfeedback.gtisolutions.co.uk/surveys/SSWSurvey) about your experiences of Student Support and Wellbeing services this year, and help us continually improve our offering for current and future students.

# University of Kent "Exam Calm" logo.How are you feeling about exams?

As many of you prepare for exams, check out our YouTube video below from our Support Staff with tips on managing exam stress and keeping calm. The [Exam Calm webpage](https://www.kent.ac.uk/student/exam-calm) has resources to help you revise and study, as well as a calendar of [Exam Calm events](https://www.kent.ac.uk/student/exam-calm) including lots of great ways to have energising or calming breaks, such as mindful breathing, gardening, library activities and ecotherapy.

Watch this short video to see [Student Support and Wellbeing staff giving advice on managing exam stress.](https://www.youtube.com/watch?v=Qkuf-xch9CI)



# A picture containing bluebells, trees and a pathway.Enhancing your mental health this summer term

Whether you're preparing for exams, working on your dissertation, postgraduate studies, or starting to think about moving house and looking for jobs, there can be a lot happening this summer term! Check out this [blogpost with some ideas for boosting your mental health](https://www.kent.ac.uk/student-services/712/enhancing-your-mental-health-during-the-summer-term) and making the most of this time.

# 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/54709/wellbeing-cafe-53)

**Tuesday:**[UoKA](https://www.kent.ac.uk/student-support/54674/uoka-university-of-kent-autistics-69" \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/54748/exam-calm-breathing-space-2), [Autism Modelling Club](https://www.kent.ac.uk/student-support/54247/autism-modelling-club-63) (FYI NEW LOCATION), [Autism Social Board Games Group](https://www.kent.ac.uk/student-support/54785/autism-social-board-games-group-20) (FYI NEW LOCATION)

**Thursday:** [International Wellbeing Group](https://www.kent.ac.uk/student-support/54604/international-wellbeing-group-47)

**All Week:**[Just Coffee](https://www.kent.ac.uk/student-support/54210/just-coffee-on-campus-canterbury-65) and [Walking Buddy](https://www.kent.ac.uk/student-support/54231/walking-buddy-canterbury-67) - Canterbury

[Just Coffee](https://www.kent.ac.uk/student-support/54220/just-coffee-on-campus-medway-65) and [Walking Buddy](https://www.kent.ac.uk/student-support/54241/walking-buddy-medway-67) – Medway

# A cartoon of a person sitting at a desk with a computer in blue tones with a green background. Drop ins & Anytime Online Courses

**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/54871/drop-in-with-forward-trust-advice-and-support-for-difficulties-relating-to-drugs-and-alcohol-12)  
  
Thursday 2pm-4pm: [Drop-In for East Kent Rape Crisis Centre](https://www.kent.ac.uk/student-support/54259/drop-in-for-east-kent-rape-crisis-centre-16)  
  
**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) and press option 1 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