

Staff Wellbeing

Enhance your wellbeing, connect with yourself & others.

Get the support you need

Staff Health and Wellbeing

The health and wellbeing of our staff is very important to us - find out about how we can support and help you.



Meet others, try new things, get outside!

Volunteering Opportunities

Staff who register as a volunteer can apply for up to 25 hours' paid leave a year.



Find what you need on the staff intranet

Mental Health Support Pages

A range of resources in one place: how can we help you feel healthy, safe and supported at Kent



Help at a time when you need it

Employee Assistance Programme

An externally positioned resource which help employees with problems that originate both in and outside the workplace.



Learn to grow food and thrive in nature

Kent Community Oasis Garden

Planting workshops, butterfly walks, ecotherapy sessions and more. A thriving sustainability hub centred around growing food.



Get active and boost your health

Kent Sport

With a wide range of sport and fitness facilities on campus with Kent Sport, it's never been easier stay active!



Pick up a book to relax or grow

Templeman Library

All staff can borrow from the library! Choose a from the 'Love to Read' or 'Wellbeing and self-help' collections to boost your wellbeing.



Specialist advice and support

Occupational Health

Employees can contact OH as self-referrals for advice on all aspects of work and health.



kent.ac.uk/wellbeing

for more information on staff wellbeing at Kent



Mental Health Allies

Struggling with a mental health issue, need someone to help you find the support available? Speak with a Mental Health Ally.