

#UniKentWellbeing

Enhance your wellbeing, connect with yourself & others.

Get the support you need

Student Support and Wellbeing

One to one and peer support groups, regular mindfulness sessions and in person and online mental health support.



Meet others, try new things, get outside!

College and Community Life

Make friends on or off campus at cooking workshops, volunteering, bushcraft sessions, community choir, movie nights and more.



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 at uni!



Societies, activities and groups

Kent Union

There are student-led groups to suit everyone, so join in and discover new hobbies and meet new people.



Belonging, spirituality, worship and dialogue

Chaplaincy events

Join different faith groups for regular pizza nights, day trips and weekly prayer and spirituality groups.



Pick up a book to relax or grow

Templeman Library

We have non-academic books! Choose a from the 'Love to Read' or 'Wellbeing and self-help' collections to boost your wellbeing.



Specialist study advice and academic support

Student Learning Advisory Service

Feel prepared: come to SLAS for study, assignment and assessment strategies at any stage of study



kent.ac.uk/wellbeing

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Get help now

Struggling with a mental health issue which can't wait until office hours? Scan the QR code, or call our 24/7 partner service Spectrum Life on 0800 0318227 (press option 1).