SSW Newsletter, October 2022

# Introduction

Welcome to Kent, or welcome back!

As a student registered with Student Support and Wellbeing (SSW), you will receive this monthly newsletter giving you helpful information.

Remember to make use of the [SSW events calendar](https://www.kent.ac.uk/student-support/#events) and follow [@UniKentSSW on Instagram](https://www.instagram.com/unikentssw/) to hear about wellbeing-related groups, workshops, and peer-support initiatives.

# Here to help you flourish at Kent

Student Support and Wellbeing (SSW) are here to improve access to learning and provide a wide range of support – can we help you fulfil your potential at Kent this year?

We have expert staff to support students with a [Specific Learning Difficulty (SpLD) such as Dyslexia](https://www.kent.ac.uk/guides/specific-learning-difficulties-support); discuss academic adjustments for people with [temporary or permanent disabilities](https://www.kent.ac.uk/guides/disability-support) or [chronic conditions](https://www.kent.ac.uk/guides/long-term-health-condition-support); support [autistic students](https://www.kent.ac.uk/guides/autism-support), and offer support for those experiencing distress arising from [emotional, psychological or mental health issues](https://www.kent.ac.uk/guides/mental-health).

# What can you participate in this month?

## [**Get together on campus for World Mental Health Day 2022**](https://www.kent.ac.uk/student-support#articles)

To recognise the importance of community and belonging in maintaining good mental health, we are hosting World Mental Health activities in both Canterbury and Medway for students and staff.

Come on your own or bring your friends, flatmates or course mates and find out lots of ways you can boost your mental health and wellbeing at Kent. Find out more on the [SSW blog](https://www.kent.ac.uk/student-support#articles).

## [**Weekly peer support groups**](https://www.kent.ac.uk/student-support#events)

Find your tribe on the [SSW events calendar](https://www.kent.ac.uk/student-support#events), with mental health, mindfulness, autism and international student groups.

## [**Coffee/walking buddy scheme**](Coffee/walking%20buddy%20scheme)

Want to meet someone new? Sign up to be matched with another student to meet for a coffee break or a walk.

## [**Weekly Mindfulness sessions**](https://www.kent.ac.uk/guides/mindfulness)

Free online or in-person meditation and discussion sessions on Wednesdays; details on the [SSW events calendar](https://www.kent.ac.uk/student-support#events).

## [**24/7 phone and text support**](https://www.kent.ac.uk/guides/spectrum-life)

As a Kent student, you have access to 24/7 mental health support from our [partner organisation Spectrum Life](https://www.kent.ac.uk/guides/spectrum-life).

# Stay connected

* [Student Support and Wellbeing webpages](http://kent.ac.uk/student-support)
* [@UniKentSSW on Instagram](http://instagram.com/unikentssw)
* Email [WellbeingEvents@kent.ac.uk](mailto:WellbeingEvents@kent.ac.uk)