Student Support and Wellbeing (SSW) Newsletter, December 2022

# Introduction

# As we near the end of term and continue to celebrate [Disability History Month at Kent](https://www.kent.ac.uk/student/dhm), check out what's on in the next few weeks and support available over vacation.

Be prepared to face whatever the holidays bring

The upcoming winter break can mean we find ourselves in difficult situations and managing a variety of emotions. We asked two SSW Mental Health Advisers for [tips they would you give everyone to cope with complicated feelings during the holidays](https://www.kent.ac.uk/student-services/1038/happy-christmas-feeling-like-a-tall-order-tips-for-coping-with-complicated-feelings-in-the-holidays).  
  
Student Support and Wellbeing will be closed from Wednesday 21 December and reopen on Wednesday 3 January. Support groups will resume once the new academic term begins from Monday 16th January - check the [Student Support and Wellbeing calendar](https://www.kent.ac.uk/student-support#events) for updates.

# What can you participate in this month?

## [**Our Stories: DHM screening**](https://www.kent.ac.uk/events/event/57993/disability-history-at-kent-our-stories-exhibition-short-film-screening)

## [Watch the trailer.](https://youtu.be/1GgiY-X5lO0)

## Join us on Tuesday 6 December 5-7pm in the Marlowe building for a drinks reception, exhibition viewing and short film screening for Disability History Month at Kent. [More info and booking.](https://www.kent.ac.uk/events/event/57993/disability-history-at-kent-our-stories-exhibition-short-film-screening)

## [**Disability History Month**](https://www.kent.ac.uk/student-support#events)

## On the [DHM page](https://www.kent.ac.uk/student/dhm) you can find out [what's on](https://www.kent.ac.uk/student/dhm#events) and explore a [timeline of Kent’s place in disability history](https://www.kent.ac.uk/student/dhm#timeline).

## [**Get £10 on your KentOne card**](https://forms.office.com/r/vz8VdmqiZm)

## [Write us a sentence or two](https://forms.office.com/r/vz8VdmqiZm) on your experience with SSW, and if we decide to use your quote we'll put £10 on your KentOne.

## [**UK Mental Health Survey**](https://www.kent.ac.uk/events/event/57993/disability-history-at-kent-our-stories-exhibition-short-film-screening)

## Help shape student mental health by taking part in a nationwide [online survey](https://survey.alchemer.eu/s3/90506676/ss), and you could win £50.

## [**Need help? Ask Nexus**](https://www.kent.ac.uk/student/news/32718/nexus-your-campus-help-point)

[Nexus](https://www.kent.ac.uk/student/news/32718/nexus-your-campus-help-point) can help with any query and will signpost you in the right direction. Turn right from the Welcome Hall in Templeman.

# 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)