

# #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!



Relax, unwind or get involved

## Gulbenkian Arts Centre

Enjoy theatre, music, comedy and film right here on campus, or get involved and join one of our creative groups.



## 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.



## Novels and non-fiction to relax and grow

### **Templeman Library**

We have non-academic books as well as e-books and audiobooks you can access for free! Check out the 'Love to Read' or 'Wellbeing and self-help' collections.



## 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



## Get ready for employment

### **Careers and Employability Service**

Upskill yourself and connect with others via volunteering, networking and workshop events.



**[kent.ac.uk/wellbeing](https://kent.ac.uk/wellbeing) @UniKentSSW**

## **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).

