Student Support and Wellbeing (SSW) Newsletter, April 2023

# Introduction

# It's nearly the end of the Spring term, but [Student Support and Wellbeing reception](https://www.kent.ac.uk/student-support/contact-us) will remain open as usual throughout the vacation, except national bank holidays.

# Follow [@UniKentSSW on Instagram](https://www.instagram.com/unikentssw/), or have a look at [student support blogposts](https://www.kent.ac.uk/student-support#articles) for more wellbeing support, advice and ideas over the break.

# What else is going on this month?

## **[Graduation ceremony support](https://www.kent.ac.uk/congregations/specific-requirements%22%20%5Ct%20%22_blank)**

## [Contact the Congregations team](https://www.kent.ac.uk/congregations/specific-requirements) as soon as possible if you think you or your guests might need additional support on the day.

## **[24/7 support over vacation](https://www.kent.ac.uk/student-support%22%20%5Cl%20%22partners%22%20%5Ct%20%22_blank)**

## Going home for the holiday? You can access 24/7 online, phone and text support from [Togetherall](http://www.kent.ac.uk/guides/togetherall) and [SpectrumLife](https://www.kent.ac.uk/guides/spectrum-life).

## [**Exam preparation workshops**](https://www.kent.ac.uk/student/exams#events)

## Kent's Student Learning and Advisory Service (SLAS) are running a series of [workshops to get you exam-ready](https://www.kent.ac.uk/student/exams#events).

## [**Need help? Ask Nexus**](https://www.kent.ac.uk/student/nexus)

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

**Remember to check the**[SSW events calendar](https://www.kent.ac.uk/student-support#events)**to find out about support groups where you can meet new people.**

# 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