

# #UniKentWellbeing

Enhance your wellbeing, connect with yourself & others.

Get the support you need & boost your wellbeing

## Student Support and Wellbeing

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



Friendly, informal advice & support for uni living

## Student Welfare and Community Life

Guidance with welfare concerns and disputes in your on and off-campus accommodation, referrals to specialist university and local services.



Learn to grow food & thrive in nature

## Kent Community Oasis Garden

Planting workshops, bee walks, nature-based wellbeing activities and more. A thriving sustainability hub centred around growing food.



Get active & boost your mental and physical 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 & 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 & dialogue

### **Chaplaincy events**

Join different faith groups for regular meet ups, day trips and weekly prayer and spirituality groups.



## From therapy dogs to art exhibits, discover more

### **Templeman Library**

Check out relaxing events & activities: enjoy our peaceful Chill Out Room with a book from the 'Love to Read' or 'Wellbeing and self-help' collections



## Specialist study advice & academic support

### **Student Learning Advisory Service**

Feel prepared: come to SLAS for study, assignment and assessment strategies at any stage of study, including group workshops & 1:1 sessions.



## 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).

