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!

Enhance your wellbeing, connect with yourself & others.

#UniKentWellbeing

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

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

Relax & unwind or get involved
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  @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).