

**‘Being a student is hard enough, in a pandemic it’s really tough!’**



**‘I thought it was just me struggling’**

## **Student Mental Health and Wellbeing Service**

This is a service for students, 16 years or older studying at 6th form, college or university, who are looking for mentoring support to help them cope with student life.

Whether students have an existing mental health problem, or they’re starting to find things difficult, the pandemic has put a huge amount of extra strain on them.

**The mentoring service aims to support individuals find the resilience to cope with:**

- Homesickness / loneliness
- Educational life transitions,
- Academic pressures
- Organisational skills
- Physical health (sleep, exercise, healthy eating etc.)
- Life skills
- Managing mental health and wellbeing,
- Coping with anxiety and panic

**As this is a recently designed service it will be continually developed, but for now we can offer:**

- Up to three 1:1 sessions with a mentor, (this could be via phone, Zoom or face to face)
- Online interactive peer support sessions (tailored to meet current student needs)
- Mental health and wellbeing sessions to student groups via Zoom

**When is a good time to have a mentor?**

- When there is a specific challenge or problem that individuals need to resolve.

## How is the service funded?

The 3 month initial pilot project was funded by Pears Foundation / Department for Digital, Culture, Media & Sport Emergency Fund. The project was evaluated on very specific outcome measures, related to managing, coping and not only surviving but thriving as a student.

Following on from the positive impact of the pilot project, this service is being absorbed into the funding received as part of Kettering Mind's bespoke Resource Centre Service provision.

## How to access this service:

Students will need to fill in an application form and can either download one direct from our website:

[www.ketteringmind.org.uk](http://www.ketteringmind.org.uk) or contact Kettering Mind via:

- **Email:** [info@ketteringmind.org.uk](mailto:info@ketteringmind.org.uk)
- **Telephone:** 01536 523216

and ask for a student service application form

We aim to support students whose main residence is in Kettering and the surrounding towns and villages, outside of term times. (so could be studying elsewhere in term times)

Kettering Mind  
49 – 51 Russell Street  
Kettering,  
Northamptonshire  
NN16 0EN

Registered Charity Number: 1069373  
Registered Company Number: 3530898

Follow us on:

Twitter: @MindKettering

Facebook: [www.facebook.com/KetteringMind/](http://www.facebook.com/KetteringMind/)



April 2021



# Student

## Mental Health and Wellbeing Service