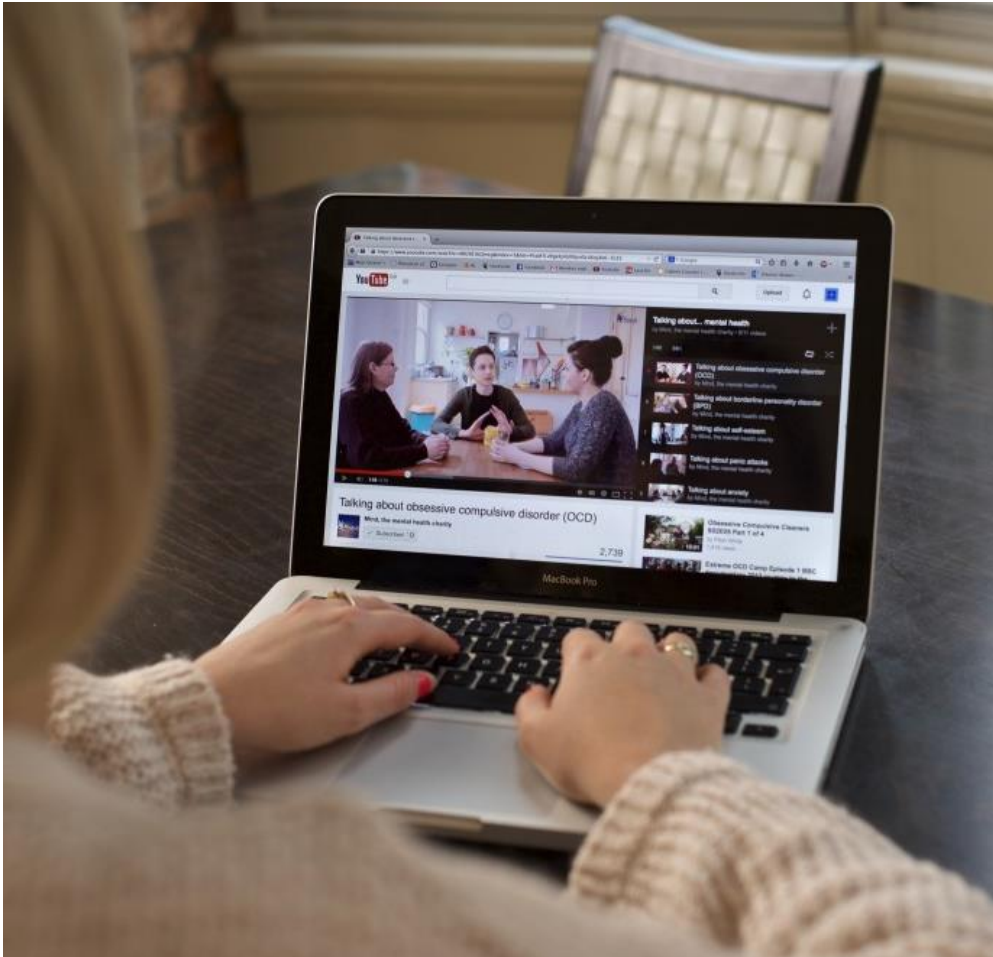


**‘Being a student is hard enough,
in a pandemic it’s really tough!’**



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

Student Mental Health and Wellbeing Service

This is a new 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 new 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?

This is a pilot project grant funded by Pears Foundation / Department for Digital, Culture, Media & Sport Emergency Fund. It is a free service to students.

The project will be evaluated on very specific outcome measures, related to managing, coping and not only surviving but thriving as a student. This current project has grant funding until 31 March 2021

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

or contact Kettering Mind via:

- **Email:** info@ketteringmind.org.uk
- **Telephone:** 01535 523215

and ask for a student service application form

We aim to support Northamptonshire students, either studying in the county or from Northamptonshire but studying elsewhere.

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time to change
northamptonshire
let's end mental health discrimination



Student

Mental Health and Wellbeing Service