University of Kent support for disability

**Occupational Health** The University's Occupational Health Service provides advice to individuals and managers on work related health problems and health problems that can affect work. [Occupational Health Website](#)

**Counselling Service** This service can be used for personal as well as work-related issues such as stress, relationship and family issues. [Counselling Service website](#)

**University of Kent Sports Centre** GP’s and health professionals can refer appropriate patients to a qualified exercise specialist. The specialist instructor devises and delivers a 12 week tailored exercise programme for the client. University of Kent Occupational Health can also refer staff to this scheme. [Sports Centre – Exercise referral Scheme](#)

**Wellbeing** brings together information and links to support services that are not only part of the fabric of employment but are there to make working at the university a positive experience. [www.kent.ac.uk/staffwellbeing](#)

**Family Friendly** The University of Kent strives to make working for employees with or starting a family as easy as possible. To this end we have a number of established policies for family situations. To view more information visit the family friendly section of the Human Resources website. [Human Resources](#)