

Hello all,

My name is Zahra and I am a third year LLB student and part of the KU Law Society. I have been considering carefully on several different campaign ideas, that may or may not be useful amongst other students. However, in light of the current COVID-19 pandemic, I am sincerely passionate in ensuring that our wellbeing is to be indefinitely prioritised. As I'm sure is the case for many of us students, having to adapt to the new/alternative facilities and teaching methods has taken a toll, perhaps on many people, as the grounds of uncertainty continues to arise.

Essentially, this can be very distressing and heighten worries or fears, thus declines in mental health have been at an all-time high. There have sadly been many suicides amongst the young people and my campaign is to spread kindness and awareness in regard to mental health issues, disabilities, and general wellbeing; all while we continue to finalise our studies. This timeframe we are currently in is ever so crucial in determining our futures, which is exactly why I hope to propose my ideas to reinstate that you are not alone.

This role will intrinsically allow myself to ensure an increase in the amount of help across the campuses, that students get both with disability and mental health, are present, so that all students feel as though they have access to all opportunities and that are listened to regarding anything they feel could be improved.

I would work alongside Kingston University and external services to allow mental health and counselling help to be more accessible during this ambiguous period to students as well as advertising any potential drop in counselling sessions to make them better known. Ultimately, as a campaign, this should hopefully gain further insights for anyone who may be struggling, and also propose further supportive methods across students in the university.

I hope this campaign is an idea that suits all to ensure we gain the best possible outcomes as we can, alongside the reassurance of present services made available to anyone who is struggling or would be interested in seeking extra guidance. It is of the university's best interest to provide additional support.

Thank you and keep safe!
ZAHRA KHAN, LLB (HONS)