

Disclosure

Many students fear that disclosing their difficulties to universities may cause discrimination, however, mental health difficulties are extremely common.

Should I Disclose?

You can disclose at any time; during the UCAS process, before beginning your course, or during the university experience but deciding to do so is a personal and unique process.

- Expect to be treated equally.
- Expect to have some discussion about how your difficulties may affect your university experiences.
- Having disclosed, you may feel less pressure and potential issues could be headed off before they occur.
- You may be entitled to receive 'reasonable adjustments', which can be implemented to enable you to fulfil your potential at university.

Deciding to disclose can be a positive and empowering experience. Universities would prefer to work with you on preventing things getting worse and to anticipate difficulties you may encounter.



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