

I Chose To Disclose.

*University Mental Health
Advisers Network*



This is a campaign aimed at encouraging students to disclose mental health conditions at University!

Why is this important?

- Disclosure rates for mental health conditions at University are extremely low.
- More students disclosing = more funding for mental health services.
- Creates a support system so that students can successfully access their education.



What is the process of disclosing?

- Disclosure can occur at any point during a University career.
- Contact the support services at University and they can advise students on which services are available and most suitable.
- There is usually online services that students can disclose on from the comfort of home.



What are you entitled to?

- Equal treatment from staff.
 - Equality act legislation means that it is illegal for staff to discriminate against students.
- Personal information to be protected.
 - The data protection act will ensure that only individuals who MUST know will know about the disclosure.
- Support from course staff.



Disclosing is a **personal** decision, but there are many positive benefits.

Visit: <https://www.umhan.com/pages/83-i-chose-to-disclose>

for more information on how to get involved!