



# CALL FOR ACTION!

We are asking individuals who disclosed their mental health difficulties, during their time at university, to send us a short video explaining how they felt about disclosing, what happened after they disclosed, what kind of support they received, and how their life changed after disclosing. We are interested to hear about how they managed their difficulties during their time at university and how they think their life would be now if they had chosen not to disclose. By collecting this information, - **UMHAN** hopes to increase the information available for current and prospective students about what happens if you disclose a mental health difficulty to the university. The aim is to remove the barriers and empower students and help to make an informed decision around the choice to disclose.

## Contacts:

[www.umhan.com](http://www.umhan.com)  
[umhan@live.co.uk](mailto:umhan@live.co.uk)  
01865 264170  
16-17 Turl Street, 2nd Floor, Oxford, OX1 3DH

