

5 REASONS TO DISCLOSE YOUR MENTAL HEALTH ON YOUR UNI APPLICATION

Disclosing a mental health difficulty can seem like a daunting experience, particularly if you aren't sure of what to expect. Below are some useful tips for disclosing any mental health difficulties before you start University.

1 UCAS

If you have experienced mental health difficulties you can disclose this on your UCAS application. This ensures you are able to access the support you are entitled to. In the section marked 'Disability/Special Needs', you can select the option 'mental health condition'. You can then enter any particular needs related to your mental health difficulty. Deciding to disclose can be a positive and empowering experience. It may be better both for you and the university if you allow the university to work with you on preventative support, and to anticipate any difficulties you may encounter. Being proactive in this will mean that support can be in place if, or when, it is required.

2 SUPPORT

The purpose of early disclosure on your university application is to ensure that your chosen university can provide you with information and resources regarding your individual needs. Disclosing your mental health prior to university means regardless of your current mental health you can become familiar with support services that may benefit you. This takes the pressure off seeking support when you may not feel as able to discuss your needs. Disclosing any needs early means that you will receive timely support. It also puts you in the drivers seat of a support plan, ensuring you are in control of the most suitable support for YOU.

3 DSA

Your mental health condition may mean that you could be eligible for Disabled Students' Allowance (DSA) – this can provide a wide range of support, from specialist equipment to a mentor, depending on what is agreed to suit your needs. By disclosing your needs on your application, the universities DSA team will be able to offer you an assessment so you are able to get DSA support ASAP.

4 DECLARATION

Being open about your mental health will not effect the success or outcome of your application or impact the course that you have chosen. By disclosing your mental health at this point of your university journey means you may be able to access support as soon as your arrive and therefore helping you make the most out of your transition to uni which can be a stressful period of time.

5 WHO SEES YOUR DISCLOSURE?

Another common worry amongst students is that if you disclose, your mental health difficulty will become common knowledge. However, your information will only be shared with people who need to know at the time you are disclosing. Staff will adhere to the Data Protection Act, ensuring your information is processed appropriately and sensitively.

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