

Meet the Student Ambassadors

Course: Theatre Technologies BA Hons

Disability: Aspergers (mental health issues: OCD, depression, anxiety, ptsd, social anxiety disorder)

What support did you get before University? None as I was in transition between CAMHS and adult services as I was 17 as I got out of hospital.

What support do you get now? Mentoring provided by the university, study support provided by the university, regular check-ins with my tutors to check my progress, in halls living support from the health and wellbeing service, DDS support advisor, emotional health and wellbeing in university support advisor. Being referred to adult mental health services to offer me day therapy and support.

My best bit of advice is: Be yourself. Do not try to hide behind your 'disability label' but strive to break the barriers of it. Try to accept yourself for who you are and what you stand for. If you feel you are struggling in any way, seek help immediately as it could lead to more serious issues like mine did. I managed to accept the help I was given not just because I was on a section in a psychiatrist ward but also because I wanted to change and I wanted to accept the support. Accept yourself. Accept the support. Ask for help when you need it. It is okay not to be okay, but it is not okay to accept this as a way of life as things can change if you start accepting who you are. Disability... don't DIS my ability to live.

Course: Ba Architecture

Disability: Dyslexia, Dyspraxic, Panic disorder

What support did you get before University? I didn't have disability help before university as it wasn't found out until the end of 1st year of university.

What support do you get now? At university I had extra support, extra time, proof reader, special equipment, mentor

My best bit of advice is: To not be afraid to ask and accept for help and explain your situation. There maybe someone, or thing out there that can help your situation which people know about. This may apply for doing you assignment, to finding your next intern job.