

I Chose To Disclose

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.
- Disclosing opens pathways to additional support tailored to individual needs.
- Disclosing triggers legal duties which protect your rights as a student.

What is the process of disclosing?

- Disclosing basically means sharing information about your mental health condition.
- Disclosure can occur at any point during a University career.
- Support services at University can advise which services are available and most suitable.
- Most Universities have an online registration process for this.

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 needs are assessed on an individual basis with a student-focussed approach .

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

For more information on how to get involved visit:

www.umhan.com/pages/i-chose-to-disclose

