

DISABILITY SERVICES

Student Education Service

Mental Health

Do you have a mental health condition or difficulty that is affecting your studies? Is it longstanding and ongoing? Come and say hello.



For more information and to download our handbook visit students.leeds.ac.uk/disabledstudents



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What we can offer

Disability Services offers non-judgmental and friendly support specifically for your academic learning and exams. We understand that your mental health may prevent you from fully accessing your studies, and that you may be reluctant to declare it for fear of stigma.

Please don't worry. We work with you and your academic department to address the barriers to learning created by your condition.

We support diagnoses such as:

- Longstanding anxiety and depression
- Eating disorders
- Personality disorders
- PTSD
- Bipolar
- Obsessive compulsive disorder
- Disassociation and dissociative disorders
- Psychosis
- Schizophrenia

This is by no means an exhaustive list. If a mental health condition is disrupting your studies, we are here to help.

What we can provide

- ✓ Access to specialist advice and guidance
- ✓ Adjustments for your exams
- ✓ Drop-in advice from Disability Services on academic support – every day, no appointment needed
- ✓ A named Disability Contact in your School
- ✓ Guidance on funding to access additional support such as assistive technology or a specialist mentor for help with anxiety, stress, concentration and time management



What we can't provide

- ✗ Counselling, emotional or psychological support, or therapeutic intervention.
- ✗ Diagnostic assessments.
- ✗ Referrals to NHS services.
- ✗ Crisis support.



How are we different to counselling?

Like the Student Counselling and Wellbeing Service we support students who are experiencing emotional or psychological difficulties. However, the students that we advise have a long-term diagnosis, and the emphasis of our work is on practical support for study rather than therapeutic interventions.

Confidentiality

We won't disclose details about you, or any support you receive, without your consent, unless there may be a significant risk to your safety. Even in those circumstances we would still attempt to seek your consent before taking further action.

www.students.leeds.ac.uk/confidentiality



How to access our support

There are two steps to take to get support from Disability Services:

- 1) Register with our Service by completing our sign up form students.leeds.ac.uk/settingupyoursupport
- 2) And provide suitable evidence of your mental health condition students.leeds.ac.uk/providingevidence

You may also find it helpful to use our online evidence checker to determine what kind of evidence you may need to provide.

leeds.onlinesurveys.ac.uk/evidencechecker

If you have questions about any part of the process, please come and chat to us at any time, or send us an email.

Talk to us

We can offer guidance and advice to you and your School to support you in your studies.

Daily drop ins (no appointment needed):
Monday to Friday – 9.30–16.00
Chemistry West

0113 3433927

disability@leeds.ac.uk

students.leeds.ac.uk/disabledstudents



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