



Q: What progress have you seen in your university life before and after accessing the support?

A: Before, I was always questioning myself as to why I couldn't finish my assignments on time or why I could never understand the assignment brief. I was always burnt out and so negative. After receiving the support, I felt confident in not only my work but also in myself. I started to enjoy university. I even bragged to my friends about how much I loved my course, which I still do, by the way, haha.

Q: If you could go back in time, what is one thing you'd change in first year?

A: Honestly, I wish I had educated the people around me. The majority of people don't understand invisible disabilities, but we need to change that! It's time to inform students, friends, and even family. Don't be afraid to explain your disability; you have a voice.

Q: What advice would you give to any current or future students in similar circumstances?

A: Speak up. I know how scary it can be; I have been there. But receiving support does not mean you're weak, it means you are strong. MMU has all this support in place for a reason.

Q: What kind of support was on offer to help you?

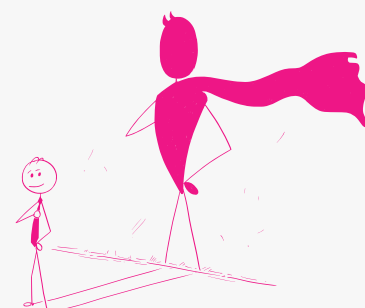
A: The Disability Support Service helped me put together a Personal Learning Plan (PLP), which gave me adjustments towards my studies. I receive extra time for assignments, which has helped me reduce my stress, especially with my ulcerative colitis, as well as workshops on time management, critical writing, and so much more.

But honestly? The best support was just being listened to. It was reassuring to know that my lecturers understood my situation and wouldn't penalise me for something out of my control.



Q: If there is one message you want every student with an invisible disability to remember, what would it be?

A: Be kind to yourself. Going to university is hard for everyone, but when you have an invisible disability, there are extra challenges. Celebrate the small wins, take breaks when you need them, and please remind yourself that you belong here just as much as anyone else.



If you or someone you know struggles with an Invisible Disability at MMU, please head over to our disability support programme for more information.

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VOICE

VISIBILITY

CONFIDENCE