

# 1 IN 5 STUDENTS HAVE AN INVISIBLE DISABILITY — WE SEE YOU.

## Why asking for help is your superpower

*Do you ever feel like you are in a constant battle, but no one else can see? Like you're keeping up with uni, but behind the scenes, it's a whole different world. That's the reality of an invisible disability; no one can see, but it is accurate. The good news? You're not alone. Let's dive into these Q&As to give you a better understanding of how to ask for help at MMU and embrace your hidden superpower.*

### Q: Can you share what your journey was like starting university?

**A:** It was hard at first. I felt a mix of anxiety and excitement when I first started at university. I'm sure all students can agree on how overwhelming the first few weeks of uni can be, from being in a completely new environment and surrounded by new people. Having an invisible disability has extra layers of stress

### Q: Did you ever feel like you had to 'hide' your disability? If so, why?

**A:** Yes, definitely. In my first year at uni, I didn't want my disabilities to get in the way of making new friends or to come across as a problem. Those who struggle with invisible disabilities will understand where I am coming from.



Hey! I'm Imogen and I have dyslexia and ulcerative colitis, two things that made me feel like I had to struggle in silence. the moment I reached out for support, everything changed – and it can for you too.

### Q: Did you hesitate to ask for support?

**A:** Asking for help was one of my biggest fears. I'd feel weak, almost a failure. However, I put my negative thoughts to the side and made an appointment with study support.

### Q: What hidden superpowers do you have and how has it been a struggle whilst at university?

**A:** I have dyslexia. I was worried about keeping up with reading and writing assignments. Oh god, I remember the first week of lectures. I could see students typing away, making me feel so anxious. I'd tell myself, what am I doing wrong? Why can't I type away? It made me feel like I wasn't smart enough to be here.

Then there's ulcerative colitis, which is an entirely different challenge because it is so unpredictable. It's an inflammatory bowel disease that could flare up due to stress or diet. Ugh, stress is my worst enemy. I'd always be in a constant flare due to being overwhelmed with uni. But because it's not visible, I feel like I have to justify myself constantly.

"Asking for help  
is a  
strength not a  
weakness"