

# Hepp Disability Profile



**Name:** Farah

**My course:** Masters in Psychology at Sheffield Hallam University

## My disability and how it impacts me

I struggle with my mental health, specifically anxiety and depression, and have been dealing with these conditions for the past six years. Both of these have an impact on my daily life.

I also find it difficult getting out of bed in the morning to attend university, especially when I am experiencing a particularly bad day. This impacts me massively as I want to do well on my course and don't want to miss out on getting good grades.

## Support/adaptions I receive

I have a learning contract, which records the adjustments needed as a result of my disability. This states my disabilities and provides me with support such as

- Deadline extensions
- A system that allows me to renew university books online for longer periods of time
- Extra time and frequent rest breaks in exams
- An openness and understanding of my condition from lecturers and tutors
- Mental health support

## How the support helped me to succeed

At first, I didn't even realise I had a disability, so the university helped me to understand more about my condition and how to deal with it better. They understand you may be struggling, and they are there to help you to achieve your full potential and support your specific needs.

The learning contract made me feel less nervous about attending university, as I knew the lecturers and tutors understood my needs and were there to support me when I was struggling. The university also offers a system to help you to plan your days if you are feeling lost and confused, which my friends have told me has been extremely beneficial to them.

### Top tips!

- Don't be scared to disclose your disabilities and do this as soon as possible. Doing this enables you to access the best support and guidance available.
- Join a society! This helped me to make friends and discuss my problems with others, so I felt part of a community. I am currently part of the Raise and Give society.

