

Support for disabled students at Imperial College London

The **Disability Advisory Service** is open to all Imperial College applicants and students, whether they have an established disability, or are considering the possibility of assessment for a specific learning difficulty. We offer confidential advice, support and guidance on a range of issues, including:

- Access arrangements for examinations
- Screening and assessments for specific learning difficulties
- Arranging disability-related support
- Getting additional evidence of disability (if required)
- Learning and teaching support, e.g. longer library loans, accessing assistive technology, adjustments to teaching materials, specialist one-to-one study skills support and specialist mentoring.

To arrange an appointment with a Disability Advisor, contact us at:

Disability Advisory Service

Imperial College London

566 Sherfield Building

South Kensington Campus

T: 020 759 49755

disabilities@imperial.ac.uk

www.imperial.ac.uk/disability-advisory-service

Disability Advisory Service Support for Mental Health Difficulties

There can be many pressures at university - finances, exams, academic deadlines, relationship difficulties etc. - all of which can affect our sense of wellbeing and mental health. 'Mental health' is about the way we think and our ability to deal with life's ups and downs. From time to time, everyone experiences emotional pain. But sometimes the distress is so severe or long-lasting that it interferes with the ability to carry out everyday activities such as studying. One in four of us will develop a mental health problem such as anxiety or depression at some point in our lives. Some of the warning signs include:

- **Mood changes** - very low, very high or 'manic'; irritable; tearful; excessively anxious and worried
- **Behavioural changes** - weight loss or gain; social withdrawal; changes in personal hygiene; changes in sleep patterns
- **Thought changes** - persistent negative thinking; loss of perspective; lack of motivation and interest; suicidal thoughts.

While some people manage these difficulties with their usual support structures, others may need to seek professional help.

The Disability Advisory Service can discuss possible support needs with students and help to look at options, including reasonable adjustments to the course or study that may be appropriate. We can also put you in touch with someone to talk to within your academic Department.

Examples of the type of support that can be arranged include:

- **Recording lectures** – for students with concentration difficulties.
- **Exams and assessments** – reasonable adjustments may include extra time in examinations, sheltered invigilation or alternative seating arrangements.
- **Specialist study mentoring** – enables students to consider the impact of their mental health difficulty upon their work. Weekly mentoring support is not subject-specific tutoring, but aims to develop practical study skills to help overcome obstacles to effective study.
- **On-going advice and support** – e.g. required reasonable adjustments and referrals.
- **Co-ordinating support** – including support workers, exam requirements and adjusting to teaching situations.

Other support services available at imperial College:

Student Counselling Service: www.imperial.ac.uk/counselling

Imperial College Health Centre: www.imperialcollegehealthcentre.co.uk

Contact the Disability Advisory Service for confidential advice and for information about all the support options that are available.