Insight of the Month: Disability & Mental Health

OU Students ASSOCIATION

DID YOU KNOW?
In 2021, almost a third of OU Association students surveyed, identified that they have some form of disability (over 10% more than in 2020*).

Annual Membership Survey 2021

Prefer not to say
6.23%

Yes (physical impairment)
10.82%

No, I do not have a disability
60.96%

Yes (mental impairment)
15.49%

Yes, I am neuro-diverse
6.50%
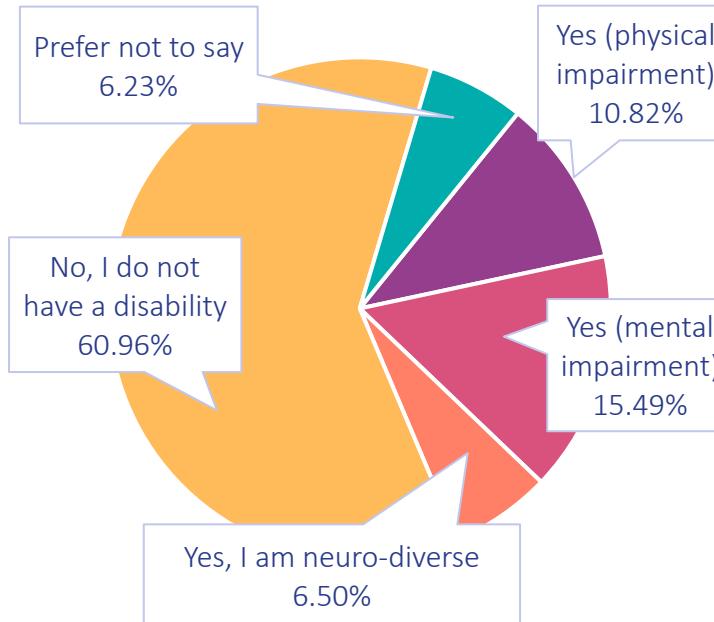
* 32.81% total in 2021 (26.32% in 2020)

The pandemic has seen a sharp rise in mental health issues and the OU Students Association has the largest single community of disabled students in Europe…but what does this mean in practice?

WHAT DOES IT MEAN FOR ME?
To find out more about how best to improve the student experience for all, the 2021 Annual Membership Survey expanded the categories for students to identify as 'disabled'. These included: physical impairment; mental impairment; and neuro-diverse.

The result? The Association learns more about how services can better meet diverse student needs:
- Association Student Representives have successfully campaigned for OU resources to be provided in alternative formats
- We actively check the accessibility of all Association communications and services, as well as supporting a whole range of clubs and societies.

WHAT SUPPORT IS AVAILABLE?
- Disabled Support Group, student-run and Association supported, the Group welcomes students who consider that their health or disability affects their student life, whether or not they have disclosed it
- The Hoot an accessible student hub, this month's focus is on mental health and wellbeing, as well as useful links to: Studying; Identity; Representation; Lifestyle; and Community
- A variety of student-led clubs and societies, set up for students, alumni, friends and family, including: the Mental Health Social Club; Carers Club; Dyslexia Club; the Neurodiversity Club and many more.

FIND OUT MORE ABOUT YOUR ASSOCIATION SERVICES…
Free, friendly support, student services and even study tips can also be found at:
- Get involved (oustudents.com)