

Transcript

What happens when you let the Open University know that you're studying with a mental health concern?

For me it was a daunting thing to do to, to report. But making that phone call was the most important thing I did. The Student Support Team were really, really supportive. They were really gentle with me. They let me help them lead the way rather than them enforcing what I should then do. They asked me what I wanted, and they listened which was really, really important for me because I didn't have a voice before to speak out about it.

It was mental health after all that is stigmatised. So, coming and feeling like I could speak to people when I didn't have the confidence to do so, really difficult.

Nonetheless, the Disability Support Team which I was transferred to by the Student Support Team were really, really helpful. They helped me get one-to-one sessions from my tutors. They helped me with resources that was on the Help Centre. They helped me to also apply and to have evidence for my Disability Support Allowance which I got through the Student Finance, England system. And they helped me gain my confidence back.