



## Chelsea Hishon

Hello, my name is Chelsea, a second-year student studying psychology.

I am the Invisible Disabilities officer for Academic Year 2024-25. My pronouns are they/them. My invisible disabilities are Autism, ADHD, Complex PTSD, Dyslexia and Dyspraxia, which can make it challenging at university, this drives my motivates to help others who may be experiencing similar challenges.

I want to raise awareness about hidden disabilities and day to day struggles we face because of our hidden disabilities. Through better education and awareness, I wish to provide students with invisible disabilities a voice, as they can be neglected or overlooked, we should all have a voice!

I understand it can feel daunting to reach out when you are struggling. I am here to talk to, by email or in person, to listen to you, give you guidance and support during this academic year.

