

Not every disability is visible – some are hidden

The Hidden Disabilities Sunflower will let us know that you may need some additional support

Living with a hidden disability can make daily life more demanding for many people, but it can be difficult for others to identify, acknowledge or understand the challenges you face.

The Hidden Disabilities Sunflower makes you visible

It is a discreet sign to indicate to people around you including staff, colleagues and health professionals that you have a hidden disability and may need additional support, help or a little more time.

How can wearing the Sunflower benefit you?

- People around you may ask what they can do to assist you
- You or your carer can use your Sunflower to tell us about the additional help you may need



East Sussex Healthcare NHS Trust are proud to support the Hidden Disabilities Sunflower Scheme.

For more information, please email: esh-tr.equality@nhs.net

Making the invisible visible

HIDDEN
disabilities 