

# Connecting a mental health condition to a psychosocial disability

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Having a mental health condition does not always mean you will have a psychosocial disability related to it. There is no simple answer on how to connect the two things together. To help you better understand what might be considered a psychosocial disability, and what might not be, the following activity will explore some of the challenges your reimagine.today peers face. Can you work out whether they might have a psychosocial disability or not?

## □ LEARNING ACTIVITY

Before you start thinking about your hopes and dreams, you can explore example hopes and dreams in this activity.

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