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# Connecting a mental health condition to a psychosocial disability

## Step 1 - Connecting a mental health condition to a psychosocial disability

Having a mental health condition does not always mean you will have a psychosocial disability. There is no simple answer on how to connect the two things. To help you understand what might be considered a psychosocial disability, the following activity explores 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 examples in this activity.

[Exploring our Challenges](#)