

# Useful websites & Apps



## Government guide to disability support and finance

<https://www.gov.uk/disabled-students-allowance-dsa/eligibility>



## UCAS guide to applying to university for students with disabilities

<https://www.ucas.com/undergraduate/applying-university/individual-needs/disabled-students>



## Adjustments for disabled students and apprentices

<https://www.disabilityrightsuk.org/resources/adjustments-disabled-students-and-apprentices>



## Information about disability support at London Universities

<https://unifish.org.uk/>



## UCAS advice about speaking to the disability support team at university

<https://www.ucas.com/undergraduate/applying-university/individual-needs/disabled-students/speaking-disability-support-team-or-mental-health-adviser>



## Student financees - Information on how to apply

<https://www.gov.uk/apply-online-for-student-finance>



## Preparing for you transition to higher education

<https://www.studentminds.org.uk/knowbeforeyogo.html>



## Student budget calculators

<https://www.savesthestudent.org/money/student-budgeting/student-budget-calculators.html>

## Free resources and apps



## Apps to support your studies:

Google Keep <https://www.google.com/keep/>



## Disabled Students' Allowance Disability Evidence Form

[https://assets.publishing.service.gov.uk/media/65cdfeb61d93950012946713/sfe\\_disability\\_evidence\\_form\\_o.pdf](https://assets.publishing.service.gov.uk/media/65cdfeb61d93950012946713/sfe_disability_evidence_form_o.pdf)



## Disability evidence form

<https://www.gov.uk/government/publications/disabled-students-allowance-evidence-form>



**Unifish:** Find out about the support available at different London universities

<https://unifish.org.uk/universities>

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## Preparing to Progress:

Disclosing a Disability  
<https://www.aimhigherlondon.org.uk/disclosing-a-disability>



Find out more about disability and dyslexia Services at University of Roehampton  
<https://www.roehampton.ac.uk/student-support/non-academic-and-academic-support/disability-services/>



Find out more about disability and mental health support at Kingston University  
<https://www.kingston.ac.uk/experience/student-support/disability-and-mental-health-support>



Find out more about disability and dyslexia support at St Mary's University, Twickenham  
<https://www.stmarys.ac.uk/student-services/wellbeing/disability/support.aspx>



Calling All Minds offers a range of different resources including DSA step by step guide and assistive technology guide. Visit their website to explore these resources. <https://www.callingallminds.com/resources>

## Apps to support your wellbeing:

Wellbeing apps can be a useful support tool but they should not be used in place of professional advice or treatment. If you are worried about your physical or mental health, you should always speak to someone you trust like your doctor, a family member, or a teacher as they will be able to help you get the right support.



**Calm.com:** a website and app that can help you practise mindfulness. Note that some features are available using a free account, but some require a paid subscription.  
<https://www.calm.com/>



**Student health app:** an app providing health information to university students  
<https://www.expertselfcare.com/health-apps/student-health-app/>



**Calm Harm**  
<https://calmharm.co.uk/>