



Invisible Disability

Invisible disabilities are conditions you cannot always see, but they can still make everyday life more challenging. Because these disabilities aren't visible, it may not always be obvious when someone needs support. This can sometimes lead to misunderstandings or unfair assumptions. Remember, everyone is going through something you may not see- so choosing kindness, being patient, and showing respect can make a big difference.

Examples & Statistics

- Chronic Pain: 1 in 10
- Extreme Tiredness: 1 in 5
- Dizziness: 1 in 5
- Trouble Focusing or Remember: 1 in 14
- Learning Differences: 1 in 5
- Brain Injuries: 1 in 106
- Mental Health Struggles: 1 in 8

1 in 6 individuals has a disability and 80% of them are indivisible disability



Contact Us!

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By: **YOUTH**
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