

Did you know?

In 2013, there were an estimated 10 million adults aged 18 or older in the U.S. with serious mental illness in the past year. This represented 4.2% of all U.S. adults. (NIMH, 2013)

Approximately 96% of people who live with an illness have an illness that is invisible (2002 US Census Bureau)

20.6% of the population, about 54 million people, have some level of disability (U.S. Department of Commerce, 1997)

You Are NOT Alone!

Invisible Disabilities

The term *invisible disabilities* refers to symptoms such as debilitating pain, fatigue, dizziness, chronic medical conditions, cognitive dysfunctions, brain injuries, learning differences and mental health disorders, as well as hearing, speech, and vision impairments.



Group's Purpose

The Invisible Disabilities Support Group is a **peer support group with an educational component**. Participants will have an opportunity to connect with others who share similar challenges and successes in a judgement-free, confidential environment.

Where Are Meetings?

Finger Lakes Independence Center,
215 Fifth St. Ithaca

When Are Meetings?

Mondays from 1-2PM &
Every other Wednesday
from 3:30-4:30PM.

Who Should Attend?

Adults living with an invisible disability
that are interested in:

- ✓ Meeting peers with similar life experience
- ✓ Learning more about how to lead a fulfilling life with an invisible disability.

What topics are covered?

- ✓ Coping skills
- ✓ Community resources
- ✓ Adaptations & Adjustment
- ✓ Self-Advocacy
- ✓ Health & Wellness
- ✓ And many more!