



Please complete the below steps to become a sunflower supporter. If you have any questions or comments please email [charlotte.sutton2@monash.edu](mailto:charlotte.sutton2@monash.edu)

## 1. Read about the Hidden Disabilities Sunflower

The Hidden Disabilities Sunflower is a global symbol for non-visible disabilities. The Sunflower is a way for people with hidden disabilities to let those around them know that they might need extra help, understanding, or just more time. Hidden disabilities come in many different forms. Some of our wearers live with chronic pain, Tourette's, ADHD, and a lot of other conditions that aren't immediately visible.

Individuals can become Sunflower supporters by undergoing training about hidden disabilities and the Sunflower.

Please have a look around the website for more information about the sunflower program <https://hdsunflower.com/au/>

## 2. Watch the videos

To be trained in the Sunflower program you need to watch the following videos

**Disclaimer: As per the NDA, please do not publish, download or share the videos or password outside your organisation.**

Password: **HDSS\_2021\_Sunflower**

What is the Hidden Disabilities Sunflower?

<https://vimeo.com/605456959>

What Is A Hidden Disability?

<https://vimeo.com/605456855>

What should I do?

<https://vimeo.com/605456798>

### 3. Complete the google form

[Sunflower Training](#)

You will receive a certificate to say you have completed the Sunflower training.

### 4. Come grab a lanyard!

Helper lanyards and badges are available to be picked up from the D&C office.