Not every disability is visible - some are just not obvious.

The Hidden Disabilities Sunflower makes you visible.

Living with a non-visible disability can make daily life more demanding for many people, but it can be difficult for others to identify, acknowledge or understand the challenges you face.

Wearing the Hidden Disabilities Sunflower is a discreet sign to indicate to people around you, that you have a non-visible disability and that you may need help, assistance or simply a little more time.



- 1. Ask if you can help
- 2. Be kind
- 3. Listen closely
- 4. Have patience
- 5. Do not judge
- 6. Show respect



