



DEAR DYSLEXIC is a foundation that helps people with learning differences achieve their full potential. This is done by bringing awareness and educating the population about Dyslexia, sharing personal stories, and engaging in research.

Dear Dyslexic is committed to ensuring that the website is accessible to all. To discover all of the helpful functions built into the website, such as 'text to speech,' click the link below.

<https://www.deardyslexic.com/accessibility>

During these challenging and uncertain times, it is easy to feel lost, isolated, and lonely. This is normal and very understandable. There are strategies you can practice to reduce the overwhelming thoughts you may experience during this time. To learn how to improve your mental state, click the link below and watch the short video about how to manage your stress and anxiety, during the pandemic.

<https://www.deardyslexic.com/news/looking-after-your-mental-health-in-a-pandemic>

Commuting to work, a meeting, an interview, etc. can be nerve-racking, especially if you get lost or are going to be late. While this can be stressful, there are some tips and tricks you can try to reduce your anxiety when navigating new or unfamiliar areas. Read the blog post below to learn how to improve the experience of your daily travels.

<https://www.deardyslexic.com/blog/when-nothing-goes-right-go-left>

James Rix was diagnosed with Dyslexia as a child and while he found formal schooling a challenge, he excelled outside of the classroom. Now, at just 36 years old, he is the founder of 3 companies. Click the link below to read more about James' inspiring story.

<https://www.deardyslexic.com/blog/working-from-street-level-by-ross-duncan>

Life is full of challenges and adventures. Conquering our fears is empowering and often leads to new and exciting life experiences. Read the blog post below about the importance of overcoming your day to day fears.

<https://www.deardyslexic.com/blog/celebrating-national-dyslexia-awareness-month>

To listen to the unique stories, challenges, and successes of people with Dyslexia, click the link below to listen to the Dear Dyslexic podcasts.

<https://www.deardyslexic.com/dear-dyslexic-podcast-series>

The link below discusses some of the factors you might consider when deciding to get a formal diagnosis. Most of the time, the only way you will get the support you are entitled to, in school, etc., is if you have a diagnosis.

<https://www.deardyslexic.com/why-get-an-assessment>



DHUB

The **DHub** is a place for teachers, those supporting students with dyslexia, managers or HR leaders to come and learn, focus on developing new skills and find a way to keep contributing to individual's education and workplaces. We invite you to join us on our journey to empower those with dyslexia and other learning disabilities to reach their full potential.

In addition to our assessment and support services, education and awareness activities, research and face to face workshops, the Dear Dyslexic team have developed a series of webinars, providing the most current, world-class training with interactive and engaging content.

By joining our webinars, you will have exclusive access to industry speakers and higher education experts, covering many topics that are specific to providing you with the skills and knowledge you need to support and empower those with dyslexia.

Topics will include study skills, social and emotional wellbeing courses and strategies to help adults with dyslexia in the workplace.

[Find out more about our upcoming webinars](#)

GET SOCIAL

Question Dys

The Question Dys series has been established to help young people and adults with dyslexia. Each month the CEO/Founder of Dear Dyslexic hosts a Q & A session with fellow dyslexics about all things dyslexia and life. You can either register through the events page or join through Facebook Live.

[Find out more](#)

DysTalk

There has never been a more important time to feel connected with your peers.

Join us on the last Thursday of every month for a chat with fellow dyslexics to talk about all things dyslexia and life in general. Bring along your cup of tea, coffee or wine for a virtual catch up.

In time, we will bring guest speakers along to chat with us. So, what are you waiting for, Let's Get Social.

[Find out more](#)



OTHER LINKS

The link below is about the Dear Dyslexic Facebook group. The group is designed to build community and provide peer support.

<https://www.deardyslexic.com/support-groups>

To learn about Dyslexia and what it is, click the link below.

<https://www.deardyslexic.com/FAQs/dyslexia-what-is-it>

To learn about Dysgraphia and what it is, click the link below.

<https://www.deardyslexic.com/FAQs/dysgraphia-what-is-it-2>

To learn about Dyspraxia and what it is, click the link below.

<https://www.deardyslexic.com/FAQs/dyspraxia-what-is-it>

To learn about Dyscalculia and what it is, click the link below.

<https://www.deardyslexic.com/FAQs/dyscalculia-what-is-it>

To learn about different assistive technologies and their benefits, click the link below.

<https://www.deardyslexic.com/assitive-technology-factsheet>

Deciding to disclose your diagnosis to your employer is a personal decision. To learn more about the disclosure process and how to go about it, click the link below.

<https://www.deardyslexic.com/dyslexia-and-disclosure-in-the-workplace-should-i-tell-work-that-i-have-dyslexia>