

EXCELLENT REASONS FOR JOINING THE ME ASSOCIATION

THE ME ASSOCIATION



1. We know ME is a physical illness. No one should be telling you that "it's all in the mind".

2. Throughout the year, we campaign for better care for everyone with the illness. This cannot come without greater understanding.

3. We work to secure improved health services for people with ME and benefits which are easier to obtain by those too ill to work.

4. We fund research into the physical nature and causes of the illness and effective treatments.

5. We run ME Connect, Britain's premier helpline for ME. ME Connect can be contacted in 3 ways: by phone on **FREEPHONE 0808 801 0484**, email and social media private message. Full information here: <https://meassociation.org.uk/me-connect>

6. Britain's best-known ME campaigner, Dr Charles Shepherd, is our honorary medical adviser and a trustee of The ME Association. He's backed by a panel of other medical doctors and a dentist.

7. Dr Shepherd contributes to our quarterly ME Essential membership magazine - required reading for many thousands of people with the illness and their carers. Find out more here:

<https://meassociation.org.uk/mea-membership/>

9. WE listen to what **YOU** tell us.

