

# I'M GOING BLUE FOR M.E.

**IN SUPPORT OF THE 250,000 PEOPLE SUFFERING  
WITH MYALGIC ENCEPHALOPATHY IN UK TODAY**

We're going BLUE for M.E. in ME Awareness Week because M.E. is invisible and it makes those who have become invisible too. Today in the UK 250,000 people with M.E. are being overlooked and forgotten.

## **M.E. is INVISIBLE!**

ME (myalgic encephalopathy) or chronic fatigue syndrome is both REAL and PHYSICAL. It can floor you for weeks, months, or years – but even those closest to you may not know, because you will look no different.

## **M.E. makes you INVISIBLE!**

Invisible but devastated. M.E. wrecks lives! People with M.E. may struggle to do the simplest things and the slightest exertion can floor them; their joints and muscles can ache unbearably; restful sleep may elude them; and 'brain fog' can cloud even the smallest judgment. M.E. forces people to disappear – to become 'invisible' – or risk 'payback' that could set them back weeks, months or even longer. Around a quarter of people with ME are housebound or confined to bed. With no known cure and no accepted treatment, it is hardly surprising that thoughts can turn to suicide as the only way out.

## **M.E. AWARENESS WEEK – 8th-14th MAY**

We're going BLUE because we want people with M.E. to be seen and understood. And hopefully helped. One of the hardest things to bear, when you have M.E. is ignorance – unawareness. Many people don't understand something they can't see.

Please join us in showing that M.E. is both REAL and PHYSICAL.

## **Please Go BLUE to help M.E. be seen and understood**

Please show that you care and help us to make a difference.

The ME Association supports people with M.E. and their families.  
If you would like to help us in our work, please text BLUE28 £5 to 70070  
Or go to  
[https://www.justgiving.com/campaigns/charity/  
meassociation/goblue4me-2017](https://www.justgiving.com/campaigns/charity/meassociation/goblue4me-2017)  
#GoBlue4ME

the ME association



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