

# I'M GOING BLUE FOR M.E.

**IN SUPPORT OF THE 250,000 PEOPLE  
SUFFERING FROM 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 it become invisible too. They are often overlooked and forgotten. Their lives are on hold – indefinitely.

We're going to shine a blue light on this cruel illness. To show the world that

## **M.E. is REAL!**

M.E. is invisible. Even those closest to you may not know how ill you feel, because you may look no different. M.E. forces people to disappear - to become 'invisible' - or risk 'payback' that could set them back weeks, months or even longer. Invisible but devastated.

We'll be helping REAL people with M.E. to be seen and understood.

## **M.E. is PHYSICAL!**

But when our symptoms flare, the effects are obvious. It can feel like a constant flu: the smallest exertion can floor us; our bodies are sore; restful sleep eludes us; light and noise hurt; and brain fog clouds our thinking.

# **M.E. AWARENESS WEEK 6th - 12th MAY**

We're going BLUE and focussing on REAL people living with M.E. each and every day. Their lives on hold, wasted and un-lived. We want to help them to get the help and support that they so badly need.

## **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 through our helpline – ME Connect – and a wealth of information and expert guidance.

To support our invaluable work, please donate what you can afford to our campaign

<https://www.justgiving.com/campaign/GoBLUE4ME-2019>