

"I had a wonderful doctor who did all she could after we moved to her area 5 years ago. She made a diagnosis of ME which came 3 years ago after 20 years of being ignored and sent to Mental Health which I also had issues with but partly because I felt so unwell and no one would listen to me" - Sarah

**ME
Awareness
Week
2021**

Health and
Social Care

meassociation.org.uk

"Diagnose ME/CFS in a child, young person or adult who has the symptoms in recommendation 1.2.3 that have persisted for 3 months. After a diagnosis, refer adults directly to a specialist team experienced in managing ME/CFS to develop a management plan..."

***NICE Draft Guideline
ME/CFS 2020/21***

Hope for a Better Future?

#NHS4MECFS

