

**Have you got M.E.?  
We can support you to  
make your voice and  
views heard.**

Our advocates can support you to be heard, and challenge the opinions of others in situations that affect you, including (but not limited to):

- accessing health and social care services appropriate to your needs
- decisions related to housing
- improving support in the workplace
- accessing support in education
- challenging discrimination
- at home or in a care home
- with professionals you see because of M.E.

**Action for M.E.'s free  
regional advocacy  
service supports  
adults (age 18 and  
over) living with  
M.E. in the Midlands  
and South West.**

**Our advocates can support you to represent your views, wishes and interests, or do so on your behalf. We offer:**

- contact via telephone, email and video conferencing
- some face-to-face advocacy for those severely affected (limited service).

You can self-refer to Action for M.E.'s regional advocacy service, or ask a carer, support worker or professional to contact us for you.

Call Action for M.E. on 0117 937 6644 or email [advocacy@actionforme.org.uk](mailto:advocacy@actionforme.org.uk)

[www.actionforme.org.uk/advocacy-service](http://www.actionforme.org.uk/advocacy-service)

## What is advocacy?

Advocacy empowers people to stand up for their rights, have their voice heard and their views, wishes and needs included in decisions affecting them. **Action for M.E.'s free regional advocacy service** stands up for the rights of our clients with M.E. on a range of issues to ensure their voices are heard in situations that affect them.

## Action for M.E. improves the lives of children, young people and adults with M.E.

- We support people with M.E. to make informed decisions and feel less isolated.
- We increase knowledge among professionals, policy-makers and the public.
- We drive new collaborations to increase interest and investment in biomedical research.



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