

# Living with M.E./CFS? Looking for support to have your views, wishes and interests included in decisions that affect you?

UK charity Action for M.E. offers a free advocacy service for UK adults, delivered by email, phone and video call.

We understand the impact of M.E. and will work at your pace.

"A big thank you for your support and amazing letter. This will have a huge impact on my day-to-day life. More independence. Always pushing forward on to my next goal."  
K, advocacy service user

## What is advocacy?

Advocacy is a process led by you which amplifies your voice and empowers you to champion your rights and have your views, wishes and interests included in decisions which affect you.

We can support you on a range of issues, including (but not limited to) accessing health and social care, engaging with your local authority and improving professionals' understanding of M.E. and how it affects you.



To request a referral, contact our Crisis, Support and Advocacy Service on 0117 927 9551 (Monday to Friday 10am to 5pm) or email [questions@actionforme.org.uk](mailto:questions@actionforme.org.uk)

**Once your referral has been accepted, one of our experienced advocates will work with you on an advocacy agreement and action plan. Please note there may be a waiting list.**

We can:

- help by researching your issue, and work with you to problem-solve
- present you with options and offer potential strategies
- talk to professionals and family members about what you want
- make a complaint or start an appeal, as directed by you
- take a stand against discrimination and challenge stigma.

We are not able to:

- provide emergency support
- make decisions for you
- give legal or medical advice
- help you apply for welfare benefits, or claim compensation
- offer befriending, coaching, counselling or mentoring.

"After three years of being made to feel like I'm pretending to be ill, it's lovely to know people understand what I am going through."  
Crisis, Support and Advocacy Service user

"Helpful. Non-judgemental. Good listening. Clear advice."  
Crisis, Support and Advocacy Service user



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