

Written with input from our Young People's Steering Group

Thinking about ME



If your sibling has ME, you may want to know what might change for you both.

- They may not be able to do as much activity as they used to.
- The way that they do things might need to look different, to help reduce their symptoms.
- Being unwell might bring up a lot of difficult feelings for them and you too.
- You may be unsure how to show them that you care and understand.
- You may want your school to support both you and your sibling, but you're not sure how to ask.



Drawing credit: Cerys.

What can I do to support my sibling?

The ideas suggested below have been inputted into by our Young People's Steering Group.

"Listen."

"Learn more about ME."

"A hug."

"Ask your sibling what ME feels like for them and what they would find helpful."

"Be quiet."

"Be patient. The whole family is learning about ME and a new way of doing things."

"Spend time together in a low-energy way."



Drawing credit: Cerys.

Need support? Call us on 0117 927 9551

What support is there for me?

You may feel that you don't want to bring the focus onto yourself, but your thoughts and feelings matter too. Below are some useful contacts and links where you can find support.

- Action for ME's website. We have a dedicated section for **children and young people with ME**, including what support is available.
- **Sibs** – a charity for people whose siblings are unwell.
- **Young Minds** – a mental health charity for children and young people
- **Kooth** – a free, safe and anonymous place for young people to find online support and counselling.
- Your school counsellor. Speak to your Pastoral Support team at school. You could ask your parents to help you do this.



Accessible and low-energy activities to do with your sibling



Here are some accessible and low-energy activity ideas that you can use to spend quality time together with your sibling.

- Listen to music or an audiobook together
- Watch a movie together
- Play simple games together, such as board or card games
- Do some simple crafts together, such as colouring or making a scrapbook
- Do some baking together, where the person with ME reads the recipe and the sibling does the physical parts, such as weighing and mixing ingredients
- Play gentle video games together
- Read our Cheers e-magazine together



Drawing credit: Cerys.

