



Get mentoring support with Mentor M.E.



Action for M.E.'s Mentor M.E. project is growing mutual peer-support for M.E./CFS in Scotland

If you have M.E. or care for someone with M.E., do you think you could benefit from having a peer mentor? We have mentors available to support you. As a mentee, you are matched to a peer mentor who can offer you support and a listening ear, someone who can share their experiences and insights into living with or caring for someone with M.E. Mentors meet with you in person and sometimes online.



“It’s so good to have someone to talk to when you have hit the very bottom. A mentor can support you to see the way back up.” *One of our mentees*

Contact Avril McLean, Action for M.E.’s Mentor M.E. Project Worker today on 07753 247099 or email avril@actionforme.org.uk

Your experience matters: use it to get mentoring support locally now
Or become a volunteer mentor... turn over to find out how.

Part of a local M.E. support group? Interested in growing mutual peer-support in your community? Action for M.E. is flexible and ready to work with you and your group's needs. Our door is always open, and we will help if we can.

Be a volunteer mentor with Mentor M.E.



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If you have experience of M.E., could you consider providing mentoring to someone with the illness? We are recruiting volunteer mentors, with full training provided face-to-face and online, plus ongoing guidance and supervision.

“The best thing about being a mentor has been having someone to talk to about being ill without it all being about me.”

One of our volunteer mentors

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