

Support for you

Meningitis and
septicaemia/sepsis
We are here to help



www.meningitis.org



"I'd like to thank everyone at MRF for all the help and support they provided, not just for myself but my family as well. It was invaluable and I certainly don't know what we would have done without it."

Jacqueline Thellwell
MRF member

You don't need to face meningitis and septicaemia (also known as sepsis*) alone. Whether you are living with the after effects or coping with the death of a loved one, we're here for you. We are trained to work with families and individuals who need our support.

* Sepsis and septicaemia are both words used by doctors to describe a life threatening reaction to an infection

Getting information

You can contact us via our helpline number, email or social media. We work with scientists and doctors to provide accurate information on: signs and symptoms; who's at risk; vaccines; impact of the disease; what to do if you suspect meningitis; and recovery from illness.

Read or share stories of personal experience on our online Book of Experience at www.meningitis.org/stories



Recovering from the after effects of meningitis and septicaemia/sepsis

Recovery from emotional and physical after effects will vary from person to person. We are here to talk about what is happening with you or someone close to you. We work with the world's top experts and share that knowledge with you.

Bereavement

We are trained and experienced in understanding bereavement as a result of meningitis and septicaemia/sepsis. We are here for you. We understand that grief affects everyone differently but we know that talking about your feelings and emotions will help.

We can help you find ways to remember your loved one by telling their story.
www.meningitis.org/remembrance



Befriending

Our befriending service offers support from people who truly understand. Our telephone befriending network can put you in touch with a trained MRF befriender who shares a similar experience to your own.

No matter what your personal experience our telephone befriending network can help.

"I found it extremely helpful to speak to someone who had been through a similar experience. It gave me hope that they had got through it and things could improve." **Sarah Stables, MRF Member**

Home visits

Sometimes it's best to talk face-to-face. Skilled and compassionate MRF staff travel throughout the UK and Ireland visiting people coming to terms with the long-term impact of meningitis and septicaemia/sepsis. Home visits give the opportunity to talk in depth through questions and concerns.

"When MRF Support Staff came to visit the first time we really didn't know what to expect... but we felt able, for the first time since our daughter died, to tell someone how we really felt, whilst feeling very safe." **Dawn and David, MRF members.**

Support Days

Our 'Pushing the Boundaries, Life after Limb Loss' support day is for children recovering with amputations. This gives children a fun day of sporting activities whilst providing educational talks to parents or carers on topics such as prosthetics, accessing services and the latest medical research.

We also offer support days that allow people and families to meet others affected by the disease and to talk to our support staff. Those who have attended our support days have come away feeling more informed, more supported, and less alone.

Signposting

We can help direct you to the organisations, charities or services that provide the help and support you are looking for. These could include:

- Recovery and after effects
- Bereavement support
- Disability rights and benefits
- Legal issues



About MRF

Meningitis Research Foundation is a leading UK and international charity that brings together people and expertise to defeat meningitis and septicaemia wherever it exists.

We want a world free from meningitis and septicaemia. We work tirelessly to prevent people from getting meningitis, to see that those who do get it receive the effective diagnosis and treatment they deserve, and to ensure that patients and families have access to the information and support that they need.

Get in touch

You can call, email, text, message, talk to us face-to-face or on social media.

Free helpline 9am-5pm, Monday to Friday

UK **080 8800 3344**

Ireland **1800 41 33 44**

email helpline@meningitis.org

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www.meningitis.org