

Why share your story?

I'm sharing my story
- not to frighten people,
but to offer them the
knowledge they may
need to survive.



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When I was first coming
to terms with being an
amputee, there weren't any
role models for me to look
up to. By sharing my story,
I hope others in similar
situations realise that they
are not alone.

#DefeatMeningitis



Why sharing your meningitis story is important:

6 ways it makes a difference...

Meningitis can kill within 24 hours. Tragically around 40% of all meningitis deaths are children under five. But it can affect anyone, anywhere, at any time.

1 Save lives

Meningitis affects more than 2.5 million people every year, but many people may only hear about it for the first time when they're in hospital. It takes hold quickly and is difficult to diagnose because not everyone experiences all the symptoms. It's also easy to mistake for other common illnesses, like colds or flu. Reading the stories of others can help people to recognise the signs and encourage them to seek medical treatment quickly.

2 Help others to feel less alone

Only those whose lives have been touched by meningitis can truly understand what it is like. Every experience shared offers hope, comfort, and, above all, saves lives. It can bring people together, helping them to process their experiences and connect with others who have been through similar. This can help someone to understand the complexities of the disease and feel less alone during the darkest hours of their lives.

3 Encourage people to take steps to prevent meningitis

There are many forms of meningitis and there is currently no way to protect against all strains of the disease. But bacterial meningitis, which is the deadliest form of the disease, is largely preventable by vaccination. Immunisations are given to protect people at the times in their lives when they are most vulnerable. The people at the greatest risk of meningitis are those just starting their lives - babies, children under five, teens and young adults.

4 Learn more about the disease

Knowledge is power. To be able to defeat meningitis, it's important to know everything we can about it. Those who have been affected by meningitis can offer unique perspectives and provide valuable opportunities for others to learn about experiences that are different from their own.

5 Ignite action

Sharing experiences helps us to gain a deeper insight into this complex disease and can ignite action worldwide. It helps people understand the real impact of meningitis, why it should be a global health priority, and that with the right focus and attention, it is a largely solvable healthcare issue. Sharing stories in a united way can, and will, create an urgency for politicians to understand the disease.

6 Your story matters

Meningitis is a life-changing experience. Diagnosis is just the beginning of the journey and the road to recovery can be long and challenging. For some, it may mean adapting to a life that looks very different from before, while for others, it can be a lifetime of coping with loss. Sharing your story can be an important part of the healing process. Many find comfort in knowing that they are helping prevent others from going through a similar experience.

Everyone has their own reasons for wanting to share their story. It's important that they are heard, because every person's experience of meningitis matters.

Sharing milestones that people can relate to, such as going to university or college, highlights the importance of knowing what you are protected against.

Scan here to share your meningitis story
Together, we will defeat meningitis.

