

AFTER MENINGITIS

ACT for Meningitis is here to support anyone who has been affected by meningitis. We offer lifelong support varied to suit your need at any given time.

We offer both practical and emotional support for those living with the impact of the disease. We support individuals, and their families, including those who have been bereaved, helping to rebuild lives after meningitis and septicemia.

We can:

- Listen, and answer questions about meningitis and septicemia
- Talk with you about your individual experience and how we can tailor our help to you
- Visit you in your own home, and arrange supports local to you
- Introduce you to others who have had similar experiences
- Support you and those closest to you
- Make sure you have access to support as you need it

FAMILY SUPPORT OFFICER

Our Family Support Officer is available to provide support in whatever means feels right for your situation, including home visits, phone calls; either on a regular basis or an as needs basis, once off support or advice around a particular concern relating to your meningitis recovery.

Our support services are individually catered to each person, together we will try to find what will make the biggest difference in your life. We have links with many other services which can support and help to alleviate symptoms.



SUPPORT - AWARENESS - EDUCATION

MENINGITIS SUPPORT SERVICES



**To support the work of ACT
for Meningitis please visit**

www.idonate.ie/actformeningitis
www.actformeningitis.ie

Phone: +35391- 380058
Email: actformeningitis@gmail.com



NOBODY SHOULD FACE
THE JOURNEY ALONE
AFTER BEING AFFECTED
BY MENINGITIS.



SOME OF THE SUPPORTS AVAILABLE INCLUDE...

COUNSELLING

After meningitis you can feel like you have recovered from the illness but are still struggling with the emotional impact of the disease. Speaking with someone who is outside your immediate circle of family or friends can give you the opportunity to speak openly about having meningitis and how you feel now and build coping skills. Bereavement counselling is also available.

Family members can also access this service.

PLAY THERAPY

Children do not often have the language to talk about what they are feeling directly so play therapy uses the child's natural language of play. A child who has contracted meningitis can experience behavioural issues, become withdrawn socially, and have sleeping problems. It can have an impact on learning difficulties, development and behaviour problems.

Sometimes it is a sibling or child of the person who had meningitis that may benefit from Play Therapy.

RECONNECTING AFTER MENINGITIS WORKSHOPS

The aim of these workshops is to help overcome the trauma which the families have been through. In some families it may be a child or a parent who has experienced meningitis or a family who has been bereaved. In each case the family dynamics have changed and the workshop focuses on rebuilding the attachment and focusing on the positives within the family, to strengthen and empower families.

HOME VISITS

If you or a family member has had meningitis you may feel confused and unsure during the recovery process. A visit from our family support officer in your home can give you and your family an opportunity to talk about meningitis, how it has impacted on your life with your family and friends as well as helping you find out more about after effects and recovery. We can link you up with supports in your area.

ME TOO WORKSHOPS

Workshops are run to provide children in families where a family member has been left with after affects from Meningitis, to explore their feelings in a safe way, making sense of the changes to the person who has been affected and building positive relationships.

FAMILY SUPPORT DAYS

We organise family days throughout the year where our families can come together to have fun and share their stories on how meningitis affected their lives. By meeting others who have had similar experiences, in a relaxed environment, people can build up supports with people who understand their experiences.

YOU, YOUR THOUGHTS AND YOUR ACTIONS COURSE

This is run both as a 8 week course and a weekend course, it is a personal development course for adults. The course explores stress and anxiety and the part it plays in our lives, while also giving the opportunity to practice a variety of techniques to reduce stress. An important element of the group is also peer support and a non-judgmental space to share personal experiences with people who had been through similar situations

REMEMBRANCE DAYS

Remembrance days are held for people who have been bereaved by Meningitis. These are an opportunity to both celebrate the life of the person who has been lost to Meningitis and to further the healing journey of those left behind.

The Remembrance Days are open to anyone who has been bereaved by meningitis, no matter when that bereavement occurred.

