



About #MEAction

[#MEAction](#) is a non-profit working to create a world that understands, supports, and cures all people with Myalgic Encephalomyelitis, also known as Chronic Fatigue Syndrome or ME/CFS. Our mission is to grow and mobilize a community of patients and allies to be strong and effective advocates for people with ME/CFS and related conditions.

We are a network of people with ME/CFS in every state and many countries. #MEAction uses many tools to support our mission. First and foremost, in a community where many are home or bed-bound, #MEAction provides the online technology, training and resources for patients to assemble together to make our voices heard. Additionally, patients and our supporters rallied for increased research funding in eleven cities across America last September. Our theme was [#MillionsMissing](#), representing our absence from work, school, and the public sphere. Another major ongoing effort has been to educate and advocate about ME/CFS with our Congressional representatives.

#MEAction was founded in 2015 by Jennifer Brea and Beth Mazur, two women with ME/CFS. Jen is a filmmaker and community organizer whose recent documentary about ME/CFS, *Unrest*, is a Sundance award-winning film. Beth is a software developer and product manager who is passionate about using technology in creative ways to help people with ME/CFS achieve health equality.

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