

Do You See Me?



What is Do You See Me?

Do You See Me? is the name of one of Mencap's campaigns.



A campaign is when people work together to try to change something.



The Do You See Me? campaign wants everyone to see that with people with a learning disability are all different and are all important.



We want people to help us to make sure that people see and listen to people with a learning disability.



We want people to help us make sure that people with a learning disability have support and the chance to do things.



It is their right to have support and the chance to do things.



We want to make sure that people with a learning disability are included and seen as important in everything.



We want the people who design services, offer jobs and make laws to think about us.



We are asking questions as part of the Do You See Me campaign:



- Do you see who I am, or do you only see my learning disability?



- Do you understand how I feel, what I need, and what I can do?



- Do you see me as someone with hopes and dreams? Or do you only see what help I need?



It is time to stop

It is time to stop ignoring people with a learning disability, treating them badly, treating them like children and sometimes locking them away.



It is time to stop letting services treating us badly instead of supporting us.



It is time to stop schools and workplaces not including us.



It is time to stop people bullying us and making fun of us.



What we want

People have to stop locking people with a learning disability away in mental health hospitals.



We want to live in homes not hospitals.



When we go to hospital we must get the right treatment.



We must stop more people with a learning disability dying in hospital because staff look at the learning disability and not what is wrong with the person.



We want to work.



We want people to see that we can work well if we have more time and the right support.



Help us

Do you believe in a world where everyone is seen and heard?



Help us to make sure that people with a learning disability are included, seen as important and supported with their skills and dreams.



[Help us to campaign.](#)



[Share your story.](#)