



Information and Resources for People Affected by MS

The National MS Society provides services, support and resources for navigating your best life with MS. Contact us at 1-800-344-4867 or visit nationalMSSociety.org/resources to learn more.

SUPPORT

MS NAVIGATOR®

Our nationwide team of MS Navigators is made up of compassionate, highly skilled professionals who work with you one-on-one to ensure that you are informed, connected and supported throughout your MS journey. MS Navigators work to find solutions for the unique and often complex challenges of MS. Connect with an MS Navigator by phone at 1-800-344-4867, email at ContactUsNMSS@nmss.org or via chat Monday thru Friday 7 a.m. till 5 p.m. MT. For more information visit nationalMSSociety.org/MSNavigator.

SELF-HELP GROUPS

Self-help groups bring people together who share common life experiences for support, education and mutual aid. Members lift each other up through personal struggles and encourage each other to try new things and live each day to its full potential. Visit nationalMSSociety.org/SupportGroup to find a support group.

MSFRIENDS®

The MSFriends program connects you one-on-one with peers who understand MS. MSFriends are volunteers who are trained, focus on your needs and provide emotional support. Learn more about MSFriends Helpline and MSFriends Paired by visiting nationalMSSociety.org/MSFriends.

FACEBOOK COMMUNITY GROUP

An opportunity to learn about health and wellness, symptom management and other MS-specific topics, while also sharing, commenting, and connecting to other group members for advice and support.

facebook.com/groups/nationalMSSocietycommunity

ADVOCACY

CURRENT POLICY ISSUES

The National MS Society and MS activists advocate at the federal, state and local levels for increased MS research, access to quality care, disability rights, long-term services and supports and awareness and organizational support. Learn more about the policy issues we are currently advocating for at nationalMSSociety.org/advocacyissues.

MS ACTIVIST NETWORK

Join the MS Activist Network! Receive updates and action opportunities on federal, state and local policy affecting the MS Community. In just a few clicks, you can email your public officials about why an issue is important to you.

nationalMSSociety.org/msactivist

ACCESS TO MS HEALTHCARE

Access to affordable, high-quality healthcare is essential for people with MS. The National MS Society's Partners in MS Care program consists of healthcare providers who have demonstrated knowledge and expertise in treating patients with MS. To find a Partner in MS Care in your community, contact an MS Navigator or search our Find Doctors & Resources database at nationalMSSociety.org/FDR.

PROGRAMS

The National MS Society offers a variety of educational programs for people affected by MS. Programs are focused on connecting to others in the MS community and providing information and resources that helps empower individuals to navigate every step of their journey. To learn more visit nationalMSSociety.org/calendar

PARTICIPATE IN MS STUDIES

The Society is focused on achieving breakthroughs to cures for MS. Connecting people to clinical trials and other research studies is key to these breakthroughs. Studies cannot proceed without the participation of people affected by MS. Find opportunities to participate in trials of experimental medications, studies of rehabilitation interventions, online surveys, and more. nationalMSSociety.org/researchstudies

VIDEOS

A collection of educational videos featuring leading experts in the field of MS. Watch online, download or request from an MS Navigator. Topics include health and wellness, parenting, research, and symptom management. Learn more at nationalMSSociety.org/educationalvideos.

RECURSOS EN ESPAÑOL

Una variedad de recursos están disponibles para las personas Hispánicas con EM: información y programas en español, videos educativos, Navegantes bilingües para la EM, recursos para los cuidadores, grupos de apoyo, y mucho más. Para más información, llámenos al 1-800-344-4867 opción 3 para español o visite nuestra página web nationalMSSociety.org/espanol.

COLLABORATIVE PARTNERSHIPS

The Society partners with other organizations to address the needs of the MS Community.

- The **VA MS Centers of Excellence** improve care for veterans with MS, enhance MS education for patients, caregivers and providers and promote research into the causes and treatments for MS. To find the center visit their website at va.gov/ms. Find additional resources at nationalMSSociety.org/Veterans.
- **Can Do MS** delivers health and wellness education programs to help families living with MS thrive. To learn more visit cando-ms.org.



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