Benefits of an MSFriends Peer Connection

- Confidential, supportive conversations and a listening ear
- Connect with volunteers who understand MS
- Build your network of support

MSFriends Helpline

- Connects you with volunteers living with MS for one-on-one peer connection via phone
- Call the Helpline: 1-866-673-7436 (1-866-MSFRIEND)

MSFriends Paired

- Pairs you based on selected criteria for ongoing communication over six months via phone, email or video
- Email PeerConnections@nmss.org to receive an application

The MSFriends program is not intended to provide individuals with crisis support. If you are experiencing an emotional or mental health crisis, please call the National Suicide Prevention Lifeline at 1-800-273-8255.

Other Ways to Connect

MS Navigator®
- Professional staff
- Information, resources and support

Self-Help Group
- Trained volunteer
- Community connection, group conversations

Online Communities
- Trained volunteer
- Find community anytime, anywhere