



# MSFRIENDS®

## PEER-TO-PEER CONNECTIONS

The MSFriends program connects you one-on-one with peers who understand MS. MSFriends volunteers are trained, focus on your needs and provide emotional support.

### 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



7 days a week  
7 a.m.–10 p.m. MT

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



Scheduled

Pairs you based on selected criteria for ongoing communication over six months via phone, email or video.

Email [PeerConnections@nmss.org](mailto: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



Monday–Friday  
7 a.m.–5 p.m. MT

#### Self-Help Group

Trained volunteer

Community connection, group conversations



Scheduled