MS Navigator®
An MS Navigator can be reached at 1-800-344-4867 anytime 7 a.m. - 5 p.m. MT Monday-Friday. Chat is also available on the National MS Society site. MS Navigators are available by email as well at ContactUsNMSS@nmss.org.
National MS Society: Ask an MS Navigator

National MS Society Self-Help Groups
National MS Society self-help groups focus on advocacy, education and empowerment by providing social and emotional support within a peer setting. Individuals come together at to seek and provide support while building a sense of community through the power of connection.
National MS Society: Join-a-Local-Support-Group

MSFriends® Helpline
The MSFriends helpline connects interested individuals with volunteers living with MS for 1:1 peer connection via phone. MSFriends provides confidential conversations by connecting you directly to volunteers who know first-hand what is it like to live with MS. Volunteers are available 7 days a week from 7 a.m. – 10 p.m. MT.
MSFriends: National MS Society

MSFriends® Paired
The MSFriends paired program connects interested individuals to trained volunteer via a pairing process based on selected criteria. These connections meet via phone, email or video calls based on a mutually agreed upon availability. Email PeerConnections@nmss.org to learn how to register.

Happy the App
The National MS Society also has a collaboration with Happy the App to ensure that people living with MS get the emotional support they need. Happy the App is a 24/7 phone-based service provided through a mobile phone app that connects individuals experiencing everyday stresses, life struggles or feeling lonely with compassionate listeners.
Happy the App: National MS Society
**Find Doctors & Resources**
This tool on our website allows you to search specifically for Mental Health Professionals

[Find Doctors and Resources: National MS Society](#)

**Facebook Group: National Multiple Sclerosis Society Community**
This private Facebook group gives individuals affected by MS an opportunity to connect digitally. The group allows members to participate in self-paced learning units in a social media community.

[https://www.facebook.com/nationalmssociety/groups](https://www.facebook.com/nationalmssociety/groups)

**Behavioral Health Treatment Services Locator**
Sponsored by the U.S. Dept of Health and Human Services. This web-based locator provides comprehensive information about nationwide behavioral health services & resources. You can call 1-800-662-4357 for referrals over the phone.

[Behavioral Health Treatment Services Locator: (SAMHSA.gov)](#)

**NeedyMeds.org**
The clinics in this database offer mental health services and are free, low-cost, low-cost with a sliding scale based on income, or offer some type of financial assistance.

[Free/Low-Cost/Sliding Fee Scale Mental Health Clinics : NeedyMeds.org](#)

**American Psychological Association Psychologist Locator**
View the [Psychologist Locator](#) to search for APA-licensed psychologists offering clinical mental health services in the U.S. and Canada.

[Home: Psychologist Locator](#)

**GoodTherapy.org**
GoodTherapy.org is an online therapist directory and mental health resource which promotes ethical therapy and reducing stigma. Thousands of screened therapists are listed in the directory. Each is individually screened to ensure that educational, licensure, and philosophical guidelines are met.

[Perform a search for a therapist or counselor in your area.](#)

**My MSToolkit** is a web-based symptom self-management program that was developed by clinical psychologists at the University of Michigan. The toolkit was developed specifically for people living with MS symptoms. Individuals are able to complete the web-based, self-guided, symptom self-management program at their own pace. Steps include: Goal Setting, Relaxation, Energy Management, Working with Thoughts, Managing Emotions, Sleep, Communication and Being Active.

[My MSToolkit : University of Michigan](#)
For more information on emotional support, you may want to view the Emotional Changes and Emotional Well-Being sections of our website. These sections discuss topics such as cognitive function, the emotional aspects of MS, taming stress and dealing with the “invisible” symptoms of MS.

Emotional Changes : National MS Society

Emotional Well-Being : National MS Society