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.
https://www.nationalmssociety.org/MSNavigator

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. https://www.nationalmssociety.org/Resources-Support/Find-Support/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 it is like to live with MS. Volunteers are available 7 days a week from 7 a.m. – 10 p.m. MT.
www.nationalMSsociety.org/MSFriends

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

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. https://findtreatment.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. https://www.needymeds.org/mental-health