



**National
Multiple Sclerosis
Society**

Get Involved

Join others making a difference in your area by volunteering your time and talents to help stop MS in our lifetime.

Advocacy

Share your story and make sure your legislators vote with the needs of people living with MS in mind. Become an [MS Activist](#), join the [MS Activist Network](#), become a part of your local [Government Relations Advisory Committee \(GRAC\)](#) and attend the [Public Policy Conference](#) and/or [State Action Days](#).

Community Engagement

Get involved and volunteer with [ongoing initiatives](#) that offer support, education, and programs for the MS Community. Opportunities include engaging and building connections with the [Black MS Community](#), the [Latinx and Hispanic MS Community](#), [those newly diagnosed](#) with MS, [children and teens with MS](#), [Veterans](#) and others.

Events

Our events are not possible without volunteers. We accept all ages and abilities and can accommodate groups (numbers vary by event). You can join us as a volunteer at [Walk MS](#), [Bike MS](#), leadership events, [Challenge Walk MS](#) or even [do your own fundraiser!](#) Volunteer opportunities vary by event, so [look up](#) special events near you to learn more.

In-Office Support

From mailings and packet building for events to data projects and storage organization, our offices have a variety of needs throughout the year. Email VolunteerMS@nmss.org to learn more.

Internships

An internship with the National MS Society gives undergraduate and graduate students the opportunity to apply knowledge and theory in a professional setting and develop new skills. Internships are designed for each student's background. Find Society internships on our [Careers site](#) or email Internships@nmss.org.

MS Ambassadors

As representatives of the Society, MS Ambassadors work in their communities to promote collaboration, innovation, diverse perspectives and, most of all, a relentless resolve to help people with MS live their best lives. MS Ambassadors engage volunteers to represent the Society and serve as an extension of staff. To learn more, visit the [MS Ambassador page](#) or email MSAmbassador@nmss.org.

Peer Connections

In this peer-led program, volunteers directly provide support and resources. Peer Connections Volunteers include [MSFriends](#), [self-help group leaders](#), [online MS community](#) volunteers and more. These volunteer opportunities may require training. To learn more, visit the [Peer Connections](#) page or email PeerConnections@nmss.org.

Opportunities to engage are not limited to those listed here.

To sign up to volunteer or learn more, visit:

www.nationalmssociety.org/Get-Involved/Volunteer or email VolunteerMS@nmss.org