



SERVICES FOR PEOPLE AFFECTED BY MS

1-800-344-4867 or [nationalMSSociety.org](https://www.nationalMSSociety.org)

The National MS Society provides direct services, support, and resources for navigating your best life through the challenges of MS. Contact us at 1-800-344-4867 or visit [nationalMSSociety.org](https://www.nationalMSSociety.org) to learn more.

SUPPORT

MS NAVIGATOR®

Our nationwide team of MS Navigators is made up of compassionate, highly skilled professionals who work with you one-on-one to find lasting solutions for the unique and often complex challenges of MS. MS Navigators work to find solutions throughout your MS journey as needs and challenges evolve. When the challenges of life with MS are especially complex and overwhelming, and support systems and resources are lacking, MS Navigators initiate more intensive case management services. Call 1-800-344-4867 or email contactusnmss@nmss.org.

ACCESS TO MS HEALTHCARE

Access to affordable, high-quality healthcare is essential for people with MS to live their best lives. The National MS Society's Access to High-Quality MS Healthcare Principles ([nationalMSSociety.org/principles](https://www.nationalMSSociety.org/principles)) are the foundation of our actions, and the Society's advocacy, healthcare access, communication, programmatic and research strategies reflect these beliefs. The Partners in MS Care program helps to ensure people with MS have access to knowledgeable and experienced healthcare providers who are connected to their local MS community, and collaborate with the National MS Society to provide the support, information and resources they need to live their best lives. To find a Partner in MS Care in your community, contact an MS Navigator or visit [nationalMSSociety.org/partnersinmscare](https://www.nationalMSSociety.org/partnersinmscare). The Professional Resource Center web pages on the National MS Society website provide healthcare professionals with up to date information and resources to optimize high quality care.

CONNECTION PROGRAMS

MSFriends, One-to-One Peer Connections, Self-help Groups, Online Support Groups, and the MS Connection Online Community match trained peer support volunteers who are people with MS or family members, with others who have an interest in connecting to share similar experiences. For more information, visit [nationalMSSociety.org/connectionprograms](https://www.nationalMSSociety.org/connectionprograms).

SELF-HELP GROUPS

In-person & telephone groups.

MSFRIENDS

One-to-one peer connection program that connects people living with MS to volunteers living with MS by calling the MSFriends helpline at 1-866-673-7436. Volunteers are available 9 a.m. to midnight ET, seven days a week.

MS CONNECTION ONLINE COMMUNITY

Hosts a variety of online support groups, one-to-one peer connection opportunities, blogs and discussions. Learn more at [MSconnection.org](https://www.MSconnection.org).

IN-PERSON PROGRAMS

The Society hosts a variety of programs annually throughout the country. Programs are focused on connecting people with MS while providing information that helps empower people affected by MS to solve everyday challenges. Program content and objectives vary from location to location, but all have demonstrated impact, provide an exceptional experience for people with MS to connect, learn and make improved lifestyle decisions. Learn more on what's upcoming in your community at nationalMSSociety.org/calendar.

PATHWAYS TO A CURE

An educational program delivered by MS experts covering information on the latest research and what you can do now to positively impact your health and quality of life while connecting with others in the MS community.

RELATIONSHIP MATTERS

Couples who are living with MS often find it difficult to make their relationship a priority. This program delivered by expert facilitators is designed to address the needs of couples living with MS who experience this challenge. Connect with other couples as you learn effective communication and listening skills, problem solving and conflict resolution skills, ways to break old patterns, and manage relationships pro-actively.

JUMPSTART

Can Do MS is the Society's Premier Wellness Education partner, bringing Jumpstart programs to markets throughout the country. Programs are focused on three key educational areas: 1. Diet, Exercise and Health Behaviors 2. Physical Activity and 3. Emotional Well Being-Motivation and Goal Setting.

EDUCATIONAL WEBINAR SERIES

Hosts MS experts covering a variety of lifestyle and wellness topics — to help people living with MS learn strategies to live their best life with MS. Join us from the convenience of your home or office. Brought to you in collaboration with Can Do MS. Held the second Tuesday of each month from 8 to 9:15 p.m. Eastern time* live and then is available on demand on our website. Learn more at nationalMSSociety.org/telelearning.

VIDEOS

A collection of educational videos featuring leading experts in the field of MS. Watch online, download or request from an MS Navigator. Topics include health and wellness, parenting, research, and symptom management. Learn more at nationalMSSociety.org/educationalvideos.

RECURSOS EN ESPAÑOL

Una variedad de recursos están disponibles para las personas hispanohablantes, incluyendo: folletos y videos informativos, recursos e información para los cuidadores, Navegantes bilingües para la EM, Sigue Sonriendo para los niños, y “Café con Leche,” un grupo de apoyo que se reúne por teléfono mensualmente para las personas hispanohablantes viviendo con EM. Para más información, llámenos al 1-800-344-4867, opción 3 y deje un mensaje en español. Para más información visítenos a nuestra página web nationalMSSociety.org/espanol.