

MSconnection.org Online Community

Find the support you need, and share strength and hope with others online at **MSconnection.org**. Connect with thousands of people from around the world — including people living with MS, loved ones, carepartners, activists, fundraisers and healthcare professionals. Discover and share experiences about MS and related effects, get tips from experts in the field of MS, join groups and discussions that relate to the topics that shape your world, and more!

Make meaningful connections today at **MSconnection.org**.



The National MS Society's mission is for people affected by MS to live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever. To fulfill this mission, the Society funds cutting-edge research, drives change through advocacy, facilitates professional education, collaborates with MS organizations around the world, and provides services designed to help people with MS and their families move their lives forward.



National
Multiple Sclerosis
Society

nationalMSSociety.org
1-800-344-4867

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Connecting with Others Living with MS

PEER SUPPORT OPPORTUNITIES



National
Multiple Sclerosis
Society

IMANI (CENTER)
DIAGNOSED IN 2006

LEXI
DIAGNOSED IN 2009



KAREN (LEFT)
DIAGNOSED IN 2007

Connecting with others with similar life experiences can be powerful for positive personal change. The National MS Society offers a variety of opportunities for people to connect with others who understand living a life with MS. Choose from one-on-one conversations or group and social settings.

Regardless of your experience with MS, trained peer volunteers can provide you with the emotional support and resources you may be seeking.

For more information contact an MS Navigator at 1-800-344-4867 or visit [nationalMSsociety.org/connectionprograms](https://www.nationalmssociety.org/connectionprograms).

MSFriends Support is a Phone Call Away

MS knows no timetable — this is why we offer support when you want and need it.

MSFriends is a telephone-based program for people living with MS. By calling **MSFriends** you will reach trained, supportive volunteers who understand what you are going through.

Call 866-MSFriends (1-866-673-7436) to talk to a volunteer. Hours of live operation are 9 a.m. to midnight, Eastern time (subject to change), seven days a week, but you can leave a message on the private voicemail at any hour and a volunteer will call you back within 24 hours.

Peer Connections

MS affects everyone differently — that's why it is important to have someone you can count on to provide support in the way that YOU need.

Search for and choose a volunteer who has “been there” and can provide you with helpful tips, suggestions and emotional support for the challenge that MS throws at you. Volunteers represent many different walks of life, including

spouses, family members, people living with progressive forms of MS, and more. Ongoing communication is offered via email or phone. Go to [MSconnection.org](https://www.nationalmssociety.org) and click on **Resources** to find your peer volunteer, or call 1-800-344-4867 to speak with an MS Navigator about finding a peer.

Groups and Clubs

Self-help groups and clubs bring people together on a regular basis for mutual support, education and camaraderie.

National MS Society self-help groups have different purposes and goals. Groups may focus on support, advocacy or education, or be more social in nature, like a club. Some groups also serve specific populations, such as young adults, parents with MS, carepartners or African Americans living with MS.

Visit [nationalMSsociety.org/supportgroup](https://www.nationalmssociety.org/supportgroup) for more information about in-person groups or clubs. To talk to someone about establishing a new group or club, call 1-800-344-4867.

Society volunteers also host online support groups for many different groups of people including carepartners and young adults with MS at [MSconnection.org/support](https://www.nationalmssociety.org/support).