



SERVICES FOR PEOPLE AFFECTED BY MS

1-800-344-4867 or nationalMSSociety.org

The National MS Society provides direct services, support, and resources for navigating your best life through the challenges of MS. Contact us or visit nationalMSSociety.org to learn more.

SUPPORT

MS NAVIGATOR®

MS Navigators are highly-skilled, compassionate professionals who are supportive partners and help navigate the challenges of MS, unique to each person's situation. We can help you identify and advocate for what you need, when and how you need it — particularly access to services, benefits, and the ability to connect you with a skilled healthcare provider — to live your best life. 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) 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 is an important resource to ensure that 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.

CONNECTION PROGRAMS

MSFriends, One-to-One Peer Connections, and Self-help Groups and Online Support Groups 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.

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 9AM 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.

COMMUNITY BASED LOCAL PROGRAMS

The Society hosts unique and featured wellness education programs annually throughout the country. Programs are focused on connecting people with MS while providing information and wellness opportunities in person. 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.

WELLNESS EDUCATION

nationalMSSociety.org/wellness

EVERYDAY MATTERS

Full day positive psychology program where people with MS learn techniques to improve overall emotional wellness while connecting with others living with similar life experiences. Content and self-study is also available online on-demand. Learn more at nationalMSSociety.org/EverydayMatters.

MOOD CHANGES IN MS

Brings together people with MS in-person to provide an opportunity to learn and connect around a specific symptom facing people with MS today. The content explores the complex issues of Mood Disorders through personal examples. This includes people with MS facing mood changes themselves, expert interviews with Dr. Anthony Feinstein, MD, PhD, from the University of Toronto, Frederick Foley, PhD, from Yeshiva University in Bronx, N.Y and Dr. Lauren Krupp who leads the NYU Langone's Multiple Sclerosis Comprehensive Care Center. We also explore how and why people with MS experience changes in mood, and provide the latest information on how these symptoms can be addressed—from physical activity, medications and counseling to self-management strategies. Learn more at nationalMSSociety.org/MoodChanges.

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.

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 website on demand. 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 them 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.