**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.

**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.

**HelpPRO**
Offers an online search tool to help you find the right mental health professional for your needs. There is also an advanced search that can be customized to include insurance accepted, areas of concern, location, etc.

[https://www.helppro.com/HP/AdvancedSearch.aspx](https://www.helppro.com/HP/AdvancedSearch.aspx). You can also call HelpPRO at 1-800-652-0155 to receive referrals by phone.

**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.

[https://findtreatment.samhsa.gov/](https://findtreatment.samhsa.gov/). You can also call 1-800-662-4357 for referrals over the phone.
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

Alma
This website connects individuals to providers who are right for them and allows users to search for providers by insurance plan. 
https://secure.helloalma.com/providers/