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. https://www.nationalmssociety.org/MSNavigator

National MS Society Self-Help Groups
National MS Society self-help groups focus on advocacy, education and empowerment by providing social and emotional support within a peer setting. Individuals come together at to seek and provide support while building a sense of community through the power of connection. https://www.nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group

MSFriends® Helpline
The MSFriends helpline connects interested individuals with volunteers living with MS for 1:1 peer connection via phone. MSFriends provides confidential conversations by connecting you directly to volunteers who know first-hand what it is like to live with MS. Volunteers are available 7 days a week from 7 a.m. – 10 p.m. MT. www.nationalMSsociety.org/MSFriends

MSFriends® Paired
The MSFriends paired program connects interested individuals to trained volunteer via a pairing process based on selected criteria. These connections meet via phone, email or video calls based on a mutually agreed upon availability. Email PeerConnections@nmss.org to learn how to register.

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.  https://www.facebook.com/nationalmssociety/groups

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

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

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/