

MS Connection

What if everyone who cares about MS could join together in one place? Maybe, by connecting all of our knowledge, and hope, and experience, we can gain a new understanding of how to move forward.

MSconnection.org is an online community that allows you to find, store and share meaningful updates, videos, articles and other content about MS and the topics you care about most — and connect with people, groups and discussions that relate to the topics that shape your world.

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



Martha, diagnosed in 1973

MS STOPS PEOPLE FROM MOVING.
WE EXIST TO MAKE SURE IT DOESN'T.
JOIN THE MOVEMENT®



National
Multiple Sclerosis
Society

[nationalMSSociety.org/
connectionprograms](http://nationalMSSociety.org/connectionprograms)

For Information:
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

Eric, diagnosed in 2004



Connecting with Others Living With MS

Connecting with others with similar life experiences can be powerful for positive personal change. The National MS Society has many ways that you can connect with others living similar life experiences with MS. You can choose from one-on-one conversations or in group/social settings.

Regardless of your experience with MS, trained peer support 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.

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 peer support program for people living with MS. By calling *MSFriends* you will reach trained, supportive volunteers who understand what you are going through.

Call 1-866-MSFriends (1-866-673-7436) to talk to a volunteer. Hours of live operation are 7 am–Midnight, Eastern Time, seven days a week, but you can leave a message on the private voice mail at any hour and a volunteer will call you back as soon as possible. Family members can also receive support calls from *MSFriends* volunteers who are also family members of those living with MS.

Online Peer Connections

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

Through *Online Peer Connections* you can search for and choose a peer support volunteer who has “been there” and

can provide you with helpful tips, suggestions and emotional support for the challenges that MS throws at you. Ongoing communication is offered via email or phone. Go to MSconnection.org and click on Resources to start searching for an *Online Peer Connections* 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, 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.

The Society recognizes the valuable role self-help groups and clubs play in addressing the informational, emotional, and social support needs of people living with MS. For more information about self-help groups or clubs in your area, or to talk to someone about establishing a group or club contact an MS Navigator at 1-800-344-4867.