



# Information and Resources for People Affected by MS

The National MS Society provides help for navigating your best life with MS. To learn more, contact us at 1-800-344-4867 or visit [nationalMSSociety.org/resources](https://nationalMSSociety.org/resources).

Lea este folleto en español.

## SUPPORT

### MS NAVIGATOR®

Our nationwide team of MS Navigators is a group of compassionate, skilled professionals. They work to inform, connect and support you throughout your MS journey. MS Navigators work to find solutions for the unique and often complex challenges of MS. Connect with an MS Navigator by phone at 1-800-344-4867, email at [ContactUsNMSS@nmss.org](mailto:ContactUsNMSS@nmss.org) or via chat Monday through Friday, 7 a.m. to 5 p.m. MT. For more information, visit [nationalMSSociety.org/MSNavigator](https://nationalMSSociety.org/MSNavigator).

### SELF-HELP GROUPS

Self-help groups bring people together for support, education and mutual aid. Members uplift each other through personal struggles. They encourage each other to try new things and live each day to its full potential. Visit [nationalMSSociety.org/SupportGroup](https://nationalMSSociety.org/SupportGroup) to find a self-help group.

### MSFRIENDS®

MSFriends connects you with a supportive, empathetic volunteer who understands life with MS and can say, “I’ve been there, too.” MSFriends meet for up to six months via phone, email or video calls based on your preference. Learn more about MSFriends by visiting [nationalMSSociety.org/MSFriends](https://nationalMSSociety.org/MSFriends).

### ONLINE COMMUNITIES

National MS Society online communities provide people affected by multiple sclerosis the support, information and connections they need —when they need them. Community members can expect an environment that respects privacy and is free of hate speech, bullying and spamming. For more information, please visit [nationalMSSociety.org/Resources-Support/Find-Support/Online-Communities](https://nationalMSSociety.org/Resources-Support/Find-Support/Online-Communities).

## ADVOCACY

### CURRENT POLICY ISSUES

The National MS Society and MS activists advocate at the federal and state levels. Advocacy efforts include increasing MS research funding, access to quality care, disability rights and long-term services and supports. Learn more about the policy issues we are currently advocating for at [nationalMSSociety.org/advocacyissues](https://nationalMSSociety.org/advocacyissues).

### MS ACTIVIST NETWORK

Join the MS Activist Network! Receive updates on federal and state policy affecting the MS community. In just a few clicks, you can email your public officials about why an issue is important to you. [nationalMSSociety.org/MSactivist](https://nationalMSSociety.org/MSactivist)

## ACCESS TO MS HEALTHCARE

Access to affordable, high-quality healthcare is essential for people with MS. The National MS Society's Partners in MS Care program consists of healthcare providers who are experts in MS. To find a Partner in MS Care near you, contact an MS Navigator or search our Find Doctors and Resources database at [nationalMSSociety.org/FDR](https://nationalMSSociety.org/FDR).

## EDUCATIONAL PROGRAMS

The Society offers a variety of educational programs for people affected by MS. Programs bring together the MS community. They provide resources that help individuals navigate every step of their journey. To learn more, visit [nationalMSSociety.org/library](https://nationalMSSociety.org/library).

## TAKE PART IN MS STUDIES

The National Multiple Sclerosis Society is bringing the world together to cure MS for every single person — as fast as possible. Connecting people to research studies is key to achieving cures. Studies cannot proceed without the participation of people affected by MS. Find opportunities to take part in trials of experimental medications, studies of rehabilitation interventions, online surveys and more. Visit [nationalMSSociety.org/researchstudies](https://nationalMSSociety.org/researchstudies).

## VIDEOS

The Society offers a collection of educational videos featuring leading MS experts. Watch online, download or request from an MS Navigator. Topics include health and wellness, parenting, research and symptom management. Learn more at [nationalMSSociety.org/educationalvideos](https://nationalMSSociety.org/educationalvideos).

## RECURSOS EN ESPAÑOL

Ofrecemos una variedad de recursos para hispanos con esclerosis múltiple: información y programas, videos educativos, asesores de MS Navigators, materiales para cuidadores, grupos de apoyo y mucho más en español. Para más información, llame al 1-800-344-4867 y marque 3 para español o visite nuestra página web, [nationalMSSociety.org/es](https://nationalMSSociety.org/es).

## COLLABORATIVE PARTNERSHIPS

The Society works with other organizations to address the needs of the MS community.

- The **VA MS Centers of Excellence** are dedicated to furthering the understanding of MS, its impact on Veterans and effective treatments to help manage MS. To find a center, visit their website at [va.gov/ms](https://va.gov/ms). Find more resources at [nationalMSSociety.org/Veterans](https://nationalMSSociety.org/Veterans).
- **Can Do MS** delivers health education programs to help families living with MS thrive. To learn more, visit [cando-ms.org](https://cando-ms.org).



National  
Multiple Sclerosis  
Society

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