



MSFRIENDS®

PEER-TO-PEER CONNECTIONS

The MSFriends program connects you one-on-one with peers who understand MS. MSFriends volunteers are trained, focus on your needs and provide emotional support.

Benefits of an MSFriends Peer Connection



Confidential, supportive conversations and a listening ear



Connect with volunteers who understand MS



Build your network of support

MSFriends Helpline



7 days a week
9 a.m. – midnight ET

- Connects you with volunteers living with MS for one-on-one peer connection via phone
- **Call the Helpline:**
1-866-673-7436 (1-866-MSFRIEND)

MSFriends Paired



Scheduled

- Pairs you based on selected criteria for ongoing communication over six months via phone, email or video
- Email **PeerConnections@nmss.org** to receive an application

The MSFriends program is not intended to provide individuals with crisis support.

If you are experiencing an emotional or mental health crisis, please call the National Suicide Prevention Lifeline at 1-800-273-8255.

Other Ways to Connect

MS Navigator®

- Professional staff
- Information, resources and support

Self-Help Group

- Trained volunteer
- Community connection, group conversations

Online Communities

- Trained volunteer
- Find community anytime, anywhere

1-800-344-4867 | nationalMSSociety.org/connectionsprograms