Get Involved

Join others making a difference in your area by volunteering your time and talents to help stop MS in our lifetime.

Advocacy
Share your story and make sure your legislators vote with the needs of people living with MS in mind. Become an MS Activist, join the MS Activist Network, become a part of your local Government Relations Advisory Committee (GRAC) and attend the Public Policy Conference and/or State Action Days.

Community Engagement
Get involved and volunteer with ongoing initiatives that offer support, education, and programs for the MS Community. Opportunities include engaging and building connections with the Black MS Community, the Latinx and Hispanic MS Community, those newly diagnosed with MS, children and teens with MS, Veterans and others.

Events
Our events are not possible without volunteers. We accept all ages and abilities and can accommodate groups (numbers vary by event). You can join us as a volunteer at Walk MS, Bike MS, leadership events, Challenge Walk MS or even do your own fundraiser! Volunteer opportunities vary by event, so look up special events near you to learn more.

Internship
An internship with the National MS Society gives undergraduate and graduate students the opportunity to apply knowledge and theory in a professional setting and develop new skills. Internships are designed for each student’s background. Find Society internships on our Careers site or email Internships@nmss.org.

MS Ambassador
As representatives of the Society, MS Ambassadors work in their communities to promote collaboration, innovation, diverse perspectives and, most of all, a relentless resolve to help people with MS live their best lives. MS Ambassadors engage volunteers to represent the Society and serve as an extension of staff. To learn more, visit the MS Ambassador page or email MSAmbassador@nmss.org.

Office & Project Volunteers
Projects across the organization may include but are not limited to pre-event work, phone calls, data projects, post-event work, storage organization, etc. These include both in-person and virtual opportunities. Email VolunteerMS@nmss.org to learn more.

Peer Connections
In this peer-led program, volunteers directly provide support and resources. Peer Connections Volunteers include MSFriends, self-help group leaders, online MS community volunteers and more. These volunteer opportunities may require training. To learn more, visit the Peer Connections page or email PeerConnections@nmss.org.

Opportunities to engage are not limited to those listed here.

To sign up to volunteer or learn more, visit: www.nationalmssociety.org/Get-Involved/Volunteer or email VolunteerMS@nmss.org