**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

**National MS Society: Ask an MS Navigator**

**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.

**National MS Society: Join-a-Local-Support-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.

**Please note:** MSFriends® is not intended to provide individuals with crisis support. If you are experiencing an emotional or mental health crisis, please call the National Crisis Hotline at 988 or 1-800-273-8255.

**Find Doctors & Resources**
Our search tool on the Society website allows you to search specifically for Mental Health Professionals. Find Doctors and Resources: National MS Society. Use this helpful guide when searching for Mental Health Professionals or other emotional support resources. Guide to Selecting Emotional Support Resources.

**Facebook Group: National Multiple Sclerosis Society Community**
The National MS Society Facebook Community Group provides a space for everyone affected by MS to share, comment and connect with other group members for advice and support while also learning about health and wellness, symptom management and other MS-specific topics.

**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.

**Behavioral Health Treatment Services Locator: (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.
Free/Low-Cost/Sliding Fee Scale Mental Health Clinics : NeedyMeds.org

American Psychological Association Psychologist Locator
View the Psychologist Locator to search for APA-licensed psychologists offering clinical mental health services in the U.S. and Canada.
Home: Psychologist Locator

GoodTherapy.org
GoodTherapy.org is an online therapist directory and mental health resource which promotes ethical therapy and reducing stigma. Thousands of screened therapists are listed in the directory. Each is individually screened to ensure that educational, licensure, and philosophical guidelines are met.
Online Therapist Directory

My MSToolkit is a web-based symptom self-management program that was developed by clinical psychologists at the University of Michigan. The toolkit was developed specifically for people living with MS symptoms. Individuals are able to complete the web-based, self-guided, symptom self-management program at their own pace. Steps include: Goal Setting, Relaxation, Energy Management, Working with Thoughts, Managing Emotions, Sleep, Communication and Being Active.
My MSToolkit : University of Michigan

For more information on emotional support, you may want to view the Emotional Changes and Emotional Well-Being sections of our website. These sections discuss topics such as cognitive function, the emotional aspects of MS, taming stress and dealing with the “invisible” symptoms of MS.

Emotional Changes : National MS Society
Emotional Well-Being : National MS Society