



Emotional Support Resources

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 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® Helpline

The MSFriends helpline connects interested individuals with volunteers living with MS for 1:1 peer connection via phone. MSFriends provides confidential conversations by connecting you directly to volunteers who know first-hand what it is like to live with MS. Volunteers are available 7 days a week from 7 a.m. – 10 p.m. MT.

[MSFriends: National MS Society](#)

MSFriends® Paired

The MSFriends paired program connects interested individuals to trained volunteer via a pairing process based on selected criteria. These connections meet via phone, email or video calls based on a mutually agreed upon availability. Email PeerConnections@nmss.org to learn how to register.

Happy the App

The National MS Society also has a collaboration with Happy the App to ensure that people living with MS get the emotional support they need. Happy the App is a 24/7 phone-based service provided through a mobile phone app that connects individuals experiencing everyday stresses, life struggles or feeling lonely with compassionate listeners.

[Happy the App: National MS Society](#)

Find Doctors & Resources

This tool on our website allows you to search specifically for Mental Health Professionals
[Find Doctors and Resources: National MS Society](#)

Facebook Group: National Multiple Sclerosis Society Community

This private Facebook group gives individuals affected by MS an opportunity to connect digitally. The group allows members to participate in self-paced learning units in a social media community.

<https://www.facebook.com/nationalmssociety/groups>

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.

[Perform a search for a therapist or counselor in your area.](#)

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](#)